Thrive IN THE KITCHEN

thrive

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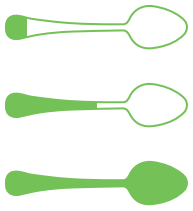


CATEGORY

GF Gluten-Free
DF Dairy-Free
NF Nut-Free
V Vegan

PREFACE:

On a daily basis, we are bombarded with hacks, tips, tricks, workarounds, and quick-fixes regarding our health and how to avoid the impacts of disease. We all know there are hundreds and even thousands of diet programs, cookbooks, supplements and different schools of thought on how we 'ought' to change our eating habits for health.

Truth be told, all of the doctors, medications, vitamins and therapies in the world cannot produce one iota of true sustainable healing for the body. The only thing that can bring about healing and maintain life-longevity and health is the body itself. Those sound like two off-the-wall statements, but they are real. What is even more perplexing is, why do these statements shock us?

In 2018 I had the privilege of travelling to Western Kenya to visit Thrive's Growing Health Training Centre. It was then, and there I had my 'aha' moment regarding health. Surrounded by the typical generalizations of the African surroundings, sights and noises, I saw the actual cause and effect of eating for health. I had spent the previous week packed into an 'African' gathering hall with a tin-roof and mud-plastered walls. Nearly 100 attendees gathered from all over East Africa, coming from impoverished villages and little to no resources for medical health. However, I have NEVER seen such healthy people. There were no runny noses, no coughing, no sniffles, and no one showed fatigue. I was in a state of shock. I am sure you can relate when you think about the conferences you have attended, especially during the winter months and how there is always some percentage of people carrying sickness.

Why is it that in all the places I could be, it was in a rural community in Africa where I observed such incredible levels of health?

The truth is that the training participants realized that health is a gift, and disease is a byproduct of behaviour. It is only as we violate our body, mistreat it, poison it and deprive it of proper nutrients that it was designed to run on, it begins to fall apart. Disease is not something that happens by chance. It is no mystery. Disease is the direct result of the law of cause and effect. We violate nature, and we receive the consequences.

The secret of health for these training attendees and the greater 'Thrive' community is their ability to step out into their garden each day and collect fresh, organic plant-based foods. They have committed and been able to remove manufactured, mass-produced, modified packaged foods. While in Kenya, I found it easy to join this community in the healthiest living I could have imagined. Everything we ate was harvested daily from the gardens.

This is not realistic in our fast-paced world where we structure our meals and food on convenience. However, we can begin to change the way we prepare food and the types of meals we eat. Upon my return home, I transferred as much of this knowledge and experience as possible to my daily 'posture' towards food and cooking. It's a holistic life approach. I have never felt more energetic, stronger and healthier in my life. As proof, it was over 14 months before I came down with the common cold - a testament to the transformation of change.

I hope you will find the information and recipes to be enlightening, practical and to inspire you in your journey to infuse 'health' as a way of life, not a 'quick fix'. May it help create a new vision of health and hope for you on your own exciting personal journey to life longevity and vitality.

James Woller
International Executive Director
Thrive for Good

HOW PROCEEDS OF THE 'THRIVE IN THE KITCHEN' COOKBOOK HELP END POVERTY

100% of proceeds support Thrive for Good.

Thrive is a worldwide not-for-profit that provides organic agricultural and nutrition training and development programs around the world. They train communities to grow high nutrient, disease-fighting foods, and herbs all year round, with scarce rainfall, utilizing small land plots available to community members.

Communities that need a solution for hidden hunger work with Thrive to learn a sustainable model for growing life-giving gardens. They learn to teach others the same methods, so this low-cost, organic solution for growing health can exponentially spread from community to community.

To date, Thrive has developed over 750 community garden projects, lifting more than 40,000 individuals out of extreme poverty. With our focus on natural disease-fighting plants and foods, our communities have had over 75% reduction in malaria incidences. In total, these communities grow approximately 4 million healthy and nutritious meals, each year.

Thank you for joining our movement and impacting the lives of those in impoverished communities around the world.

Dr. Fuhrman's Nutrient Density Chart

Kale	1000	Kidney Beans	100	Grapes	31
Collards	1000	Watermelon	91	White Potato	31
Turnip Greens	1000	Sweet Potato	83	Chicken Breast	27
Spinach	739	Green Peas	38	Eggs	27
Cabbage	481	Pineapple	70	Milk	20
Carrots	240	Black Beans	64	Ground Beef	20
Tomato	164	Mango	58	White Bread	18
Squash	159	Soya Beans	51	White Rice	12
Lettuce	110	Onions	48	Hot Dog	8
Lentils	104	Corn	47	Sugar Cookies	2
Cantaloupe	100	Avocado	44	Cola	1

INTRODUCTION: THE BASIS FOR THE 'THRIVE IN THE KITCHEN' COOKBOOK

At the core of all the recipes in our cookbook, health and nutrition are at the basis. Over decades of research, experience and learnings, our understanding of the relationship between health and diet (food) is predominantly influenced by Dr. Joel Fuhrman. Dr. Fuhrman's approach is not for weight loss, quick fixes or convenience, but disease/illness prevention and ultimately, health. When a person focuses on these issues, the body will naturally normalize weight as a "side effect" of healing. Dr. Fuhrman created an Aggregate Nutrient Density Index (ANDI) scoring chart for listing the nutrient density of foods. His chart takes the total amount of nutrients, divided by the calories, to determine how much nutrition exists per calorie. For example, brussels sprouts and broccoli seem very similar, but brussel sprouts score twice as much nutrition per calorie as broccoli. Choosing to eat higher scoring foods increases the much-needed nutrients to your body, enabling it to improve and heal - allowing you to reach your full potential in life. However, we can't solely live off of the top-scoring 'green' food items. We need balance amongst each column.

NUTRITARIAN LIFESTYLE

Dr. Fuhrman has coined the phrase ”Nutritarian Lifestyle,” which means a diet focused on nutrient-dense foods. Please consider taking the time to read his book Eat To Live. A Nutritarian eats the following per day: one pound of raw vegetables, one pound of cooked vegetables, one cup of beans, one cup or less of starchy vegetables, three servings of fruit, and nuts, seeds, and animal products as treats or accents. For short, we like to stress, “eat your greens and beans!” To visually show the power of this ‘pivot’ in the more common view of a balanced diet, Dr Fuhrman produced a Nutritarian Food Pyramid. It is based on the richest foods in micronutrients and has shown consistent benefits to health and longevity in scientific studies.

WEIGHT LOSS

Weight loss is a concern for most people. In the 1980's we saw high-carbohydrate diets, now low-carbohydrate diets, low-fat diets, then high-fat diets, and the pendulum continues to swing. The truth is that our bodies prefer to burn starch. So, if you eat starch AND fat simultaneously, your body will burn the starch and store the fat. But that doesn't mean the starch is bad; you just can't eat all of the rich fat along with the starch. We have created and selected our recipes following this guideline.

INTERMITTENT FASTING

Intermittent fasting is another great way to increase your body's health and maintain your body's optimal weight. Simply stated, it means to eat during a specific time frame each day and then fast for the rest of the time. The time of the day in which you are eating food is generally referred to as "the feeding window." The most common time frame for this is 10 am - 6 pm. Between these hours is when you would eat and then the rest of the hours you are fasting. Unfortunately, that means NO food, including those snacks and late-night treats. There are many benefits to establishing a routine like this beyond just weight management. The body is more able to work on repair and healing when it isn't busy digesting food. Usually, people experience increased energy while fasting intermittently, and it can also be cost-effective. Because the body has time to work on repair, many have even healed their gut by faithfully practicing intermittent fasting.

GUT HEALTH

Gut health is rapidly becoming mainstream. Everyone should know about it! Over 80% of our immune system is dependent on the beneficial bacteria in our gut. An adult has approximately 5 pounds of bacteria in their gut alone. These bacteria create their own ecosystem. Within this ecosystem, there exists friendly, helpful microorganisms and unfriendly, harmful microorganisms. The optimum ratio of these microorganisms is 85% friendly versus 15% unfriendly. In our society, we continually damage the friendly bacteria, feed the unfriendly bacteria, and do nothing to replenish the good and beneficial bacteria. We used to view an unbalanced gut as something that was "broken" and needed to be "fixed" when the more appropriate view would have been to see it as an ecosystem that needs ongoing management to protect it. The best way to care for this ecosystem is to: 1) find out what damages the gut and avoid these actions (HELLO refined sugars) 2) eat lots of fiber-rich foods that feed the good bacteria - such as beans, oats, and apples 3) replenish good bacteria by consuming raw, fermented foods of as much variety as possible. The golden rule here is Plant Diversity!

At the beginning of each section, we have included a simple tip or trick to help you be more successful on your journey to improve health and wellness. If you are transitioning from a highly-processed diet, it will take about two weeks for your taste buds to adjust. During that time, a very helpful phrase is "nothing tastes as good as good health feels." Before you know it, you will be craving more and more greens and beans!

SMOOTHIE & BREAKFAST
RECIPES

QUICK HACK: DIY SMOOTHIE PACKS

Prepared smoothie packs make busy mornings a success. Plan a prep day earlier in the week to stock your freezer with these ready-to-go smoothie packs. Once in the freezer, all you need to do is remove a pack 10 minutes before you want to blend. Dump the contents of the pack into a blender with 8 oz of water or milk of choice and blend!

Tip: When you freeze raw greens or sprouts you increase the nutritional value because the greens' cell walls expand when freezing, causing them to burst. This makes the nutrients blocked inside those cells available for absorption. Freezing greens also prevents them from spoiling! Here is how to make smoothie packs:

Gather freezer zip-lock quart bags or reusable beeswax wraps*. You will also need greens, frozen fruit, bananas (peeled and sliced), and broccoli sprouts if desired. Then divide all your ingredients into the quart bags, label and freeze.

* Beeswax wraps are easy to make! Cut fabric 14" x 14". Lay parchment paper on an ironing board. Lay your fabric square next. Cover your fabric square with beeswax beads or shavings, then top with one more layer of parchment paper. Adjust the iron settings to cotton. Iron from the top of the stack until the beeswax has melted into your fabric square. Cool for 5 minutes and then remove from parchment paper. Beeswax wraps are air-tight; they preceded saran wrap and are much better for you and the earth!

SWEET POTATO SUNRISE

Start your day with this morning glory.

GF DF NF V

SERVING SIZE: 1 | PREP TIME: 10 minutes | COOK TIME: N/A

INGREDIENTS:

- 1 cup coconut or almond milk
- ¼ cup mashed sweet potatoes, cold - or substitute cooked pumpkin
- 1 tbsp maple syrup
- ½ teaspoon pumpkin pie spice
- 1 frozen banana
- 1 organic apple, chopped
- greens as desired

METHOD:

- Place all of the above ingredients into a blender and blend until smooth.

TIPS:

Cooked sweet potato or pumpkin can be dehydrated and ground into a powder using a blender or food processor. Use 1 tbsp dried powder and stir into the coconut milk to soak in the refrigerator overnight.

WENDY JACKSON

OATMEAL IN A CUP

A cup of goodness to keep you energized all morning.

GF DF NF V

SERVING SIZE: 1 **PREP TIME:** 10 minutes **COOK TIME:** N/A

INGREDIENTS:

- ¼ cup rolled oats (or 2 tbsp whole oat groats)
- 2 tbsp raisins
- 1 cup water or almond milk
- 1 fresh apple, peeled and chopped
- 1 frozen banana
- ⅛ teaspoon cinnamon
- ½ teaspoon vanilla extract
- greens as desired

METHOD:

- Soak rolled oats and raisins in the water or almond milk inside the refrigerator overnight.
- Transfer the soaked mixture to your blender. Add the remaining ingredients and blend until smooth.

TIPS:

Oats can be purchased as 'whole oat groats" (un-rolled oats in their whole form). This protects some of the nutrients normally lost when oats are rolled and stored at room temperature. Using whole oat groats in this recipe works well as the blender will liquify them, unlocking all the nutrition from within the oats.

WENDY JACKSON

WILD SIDE SMOOTHIE

Go wild for greens in this delicious smoothie.

GF DF NF V

SERVING SIZE: 1 **PREP TIME:** 10 minutes (plus time to wild forage) **COOK TIME:** N/A

INGREDIENTS:

- 6 ounces wild edible greens like lambs quarter, chicory, plantain, dandelion, purslane, Spanish needle called blackjack, etc.
- 1 cup of frozen berries
- 1 serving orange or pineapple
- ¼ cup starch or a frozen banana
- water needed to blend (can add ice cubes if desired)

METHOD:

- Place all ingredients in a blender and blend until smooth.

TIPS:

Wild-harvested greens are superior in both nutritional content and freshness. You will notice a definite difference in how good you feel when consuming this smoothie. You can also try purchasing a large can of pineapple and freeze into ice cubes to make smoothies.

WENDY JACKSON

CHOCOLATE MONKEY

Banana, chocolate goodness - what else could you ask for?

GF DF NF V

SERVING SIZE: 1

PREP TIME: 10 minutes

COOK TIME: N/A

INGREDIENTS:

- 1 cup chocolate almond milk
- 2 frozen bananas
- 1 tbsp peanut or almond butter
- 1 cup spinach
- ice cubes (optional)

METHOD:

- Place all ingredients in a blender and blend until smooth.

TIPS:

Spinach is one of the mildest flavoured greens. You can also try adding 1 teaspoon of dried moringa powder to increase greens without changing the chocolate nut butter flavour.

WENDY JACKSON

SMOOTHIE SMOTHERED OAT WAFFLES

A guiltless treat.

GF DF NF V

SERVING SIZE: 12 waffles **PREP TIME:** 20 minutes **COOK TIME:** 30 minutes

INGREDIENTS:

- 4 cups rolled oats
- ⅓ cup whole millet or non-GMO cornmeal
- 1 teaspoon salt
- 1 tbsp maple syrup
- 5 cups almond milk, vanilla flavour
- smoothie topping: frozen bananas, frozen berries, apple juice concentrate

METHOD:

- Mix everything and store inside the refrigerator overnight.
- Transfer 2 cups of batter at a time to your blender and blend until smooth.
- Preheat a regular waffle iron (do not use Belgian waffle iron).
- Baste the iron with a little coconut oil.
- Pour batter all around the waffle iron, making sure to get to the edges.
- Let it cook for 10 - 12 minutes.
- Waffles freeze well and are ready to reheat in the toaster for busy mornings.
- To make a smoothie topping, put some sliced frozen bananas and frozen berries in your blender. Then add just enough apple juice concentrate to allow the blender to work, creating a thick, ice-cream like topping for your waffles.

TIPS:

Peel your bananas and then freeze them whole - slice when ready to use.

WENDY JACKSON

SAVORY OATMEAL

Take a break from the traditional sweet oatmeal and light up your taste buds with this savory version.

GF DF NF V

SERVING SIZE: 5-7 servings **PREP TIME:** 10 minutes **COOK TIME:** 30 minutes

INGREDIENTS:

- ¾ cup steel-cut oats
- ¼ cup red split lentils
- 2 cups of water (may need to add more during cooking)

- ⅛ cup raisins
- ¼ cup unsweetened dried coconut flake
- ¼ cup fresh ground flax seed (can grind in a coffee grinder)
- ¼ cup unsalted sunflower seeds
- ¼ cup unsalted pumpkin seeds
- 1 tbsp hemp hearts
- 1 tbsp chia seeds
- 1 tbsp turmeric powder
- 2 teaspoons ground cinnamon
- ½ - 1 teaspoon cayenne pepper
- ½ teaspoon ginger (or to your preference)
- dried hot peppers (optional)
- any nuts that you would like (optional)

- 1 finely grated carrot
- serve with bananas, non-dairy milk, and a fresh jalapeno if desired

QUINTON PULLEN

SAVORY OATMEAL

Take a break from the traditional sweet oatmeal and light up your taste buds with this savory version.

SERVING SIZE: 5-7 servings **PREP TIME:** 10 minutes **COOK TIME:** 30 minutes

METHOD:

- All measurements are estimates and very flexible.
- Bring the first three ingredients to a boil, then reduce heat to a simmer for about 30 minutes.
- While it is simmering on low, add the ingredients from the next section (feel free to add or remove anything).
- Turn off the heat, and add the grated carrot.
- Serve with banana, non-dairy milk, and a fresh jalapeno if desired.

TIPS:

This recipe is terrific because it contains so much turmeric. The doctor responsible for creating the curcumin supplement (derived from turmeric) lives by this motto: “a teaspoon of turmeric a day will keep cancer away.”

TESTIMONIAL

“After reading "Eating Animals" by Jonathan Safron Foer about 10+ years ago, I cut out factory-farmed meat from my diet. I'm lactose intolerant, and my wife is allergic to dairy, so we've been dairy-free for years. But it was the past few years where I've significantly increased my vegetable intake and reduced my meat intake until this past December 2019 when we decided to cut out meat altogether and start living the mostly vegan lifestyle. (I say mostly vegan because there is sometimes gelatin in pills, or I like to have honey occasionally. I'm not about the labels, I just don't eat meat or dairy.) One of the reasons we cut out meat was to help with my health. I was diagnosed with ulcerative colitis in 2013 and was told by my GI specialist that I would have to be on medications forever if I wanted to be symptom-free. I don't like to be reliant on medication, so I refused that recommendation and aimed to eat a healthier diet composed of mostly vegetables and more fermented foods (I make my own kombucha and sauerkraut). And, thus far, it's worked. I've been symptom-free and medication-free for two years now, and hope to keep it up forever!”

Quinton P

SOUP RECIPES

QUICK HACK: HOMEMADE STYLE

I love to entertain and host family and friends. Often I choose soup as one of the main dishes to serve. I am surprised by peoples' reactions, always saying that I make the best soup! I chuckle inside as there is no big secret to it. It is just merely homemade. Sadly, I think very few people eat homemade soup today, and that is why I get such a reaction. So what is my secret? I never use purchased soup bases, broth powders, or canned broth. I make my own. It's so easy!

Here is a simple formula to use for creating any great soup:

- First, consider if there are any leftovers to put to a new purpose.
- Decide if the soup will have starch or a little animal protein as it is best not to pair animal protein with starchy vegetables for gut health and weight management.
- From there, decide if you want a transparent or creamy soup.
- Based on the starch or the meat selected, decide which beans you would like to add. For example, soups with tomato are great with white or red kidney beans or pinto beans. Clear soups pair well with chickpeas or lentils. Creamy soups are great with all types of beans. Or use whatever beans you have available!
- Begin to cook the soup by sauteing an onion (and garlic if desired). Then add your spices, prepared broth, veggies, starch, meat if using, and cook until everything is cooked through. (cooking time varies based on your ingredients and whether you are cooking on the stovetop or in a crockpot, so pay attention to when your ingredients become tender)
- Do not forget to add some greens! Add to your soup at the end of the cooking time and only cook until they have wilted (usually 2-3 minutes).
- Finally, add any desired fat such as cashew cream (blend equal portions of raw cashews and water).

BONE BROTH

A great soup base or a drink with a splash of coconut milk and grated ginger for extra flavour.

GF DF NF V

SERVING SIZE: 1 gallon **PREP TIME:** 35 minutes **COOK TIME:** 2-24 hours depending on cooking method

INGREDIENTS:

- 2 pounds (or more) of bones from a healthy source (break bones to release the marrow)
- 2 chicken feet for extra gelatine (optional)
- filtered water, enough to cover bones
- 2 tbsp apple cider vinegar
- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 stalks of celery, roughly chopped
- clean washed eggshells of 2-3 eggs
- 1 tbsp or more of sea salt
- 1 teaspoon peppercorns
- add additional herbs and spices to taste (e.g. star anise, oregano, and thyme)
- 2 cloves of garlic
- 1 bunch of parsley, chopped

KATHERINE BOGGS

BONE BROTH

A great soup base or a drink with a splash of coconut milk and grated ginger for extra flavour.

SERVING SIZE: 1 gallon **PREP TIME:** 35 minutes **COOK TIME:** 2-24 hours depending on cooking method

METHOD:

- Place the bones in a large stockpot.
- Pour water over the bones and add vinegar. Let sit for 20 - 30 minutes in the cool water. The acid helps make the nutrients in the bones more available. Discard water.
- Add the chopped onion, carrots, celery and eggshells to the pot.
- Add the salt, peppercorns, spices, or herbs.
- Refill with fresh water until it covers the bones and vegetables.
- Bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done (14-24 hours).
- During the first few hours of simmering, you will need to remove the impurities that float to the surface. A frothy/foamy layer will form, and it can be easily scraped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this.
- During the last 30 minutes, add the garlic and parsley, if using.
- Remove from heat and let cool. Strain using a fine metal strainer to remove all the bits of bone and vegetables. Discard.
- When cool enough, store in a gallon-sized glass jar in the fridge for up to 5 days, or freeze for later use in 1 litre glass mason jars. Make sure you leave 2” at the top to allow for expansion in the freezer.

TIPS:

*I use a pasta pot with an insert to make it easier to remove the bones etc. once finished. If you are using raw bones, especially beef bones, it improves flavour to roast them in the oven first in a roasting pan for 30 minutes at 350 degrees F.

*Grass-fed and healthy animals will produce much fewer impurities than conventional animals (step 7).

*You can also use a slow cooker or Instant Pot to make your bone broth.

SLOW COOKER:

Add chicken bones and all remaining ingredients to the slow cooker. Cover with enough water so that all ingredients are submerged. Turn on the slow cooker to low heat and let cook for 12 - 18 hours.

INSTANT POT:

Add chicken bones and all remaining ingredients to Instant Pot. Cover with enough water so that all ingredients are submerged. Turn on to high pressure for 40 - 50 minutes.

SPICY VEGETABLE SOUP

Soul-soothing goodness in a bowl.

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 20 minutes **COOK TIME:** 20 minutes

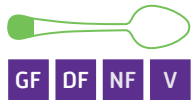
INGREDIENTS:

- 2 tbsp avocado oil
- 3 teaspoons each of turmeric, cumin, cinnamon and coriander
- 1 red onion, diced
- 4 cloves of garlic, chopped
- ½" ginger root, freshly grated
- 1 large carrot, sliced
- 1 zucchini, sliced
- 1 small squash, peeled, washed and cubed - try butternut or acorn
- 4 cremini mushrooms, finely diced
- ¼ of a small white cabbage, cut into slices
- 2 small cauliflowers, broken into small florets
- 2 quarts of broth (mushroom, vegetable or chicken)
- ½ teaspoon each of sea salt and black pepper (more to taste if necessary)
- parsley to garnish

KATHERINE BOGGS

SPICY VEGETABLE SOUP

Soul-soothing goodness in a bowl.



SERVING SIZE: 6 large servings **PREP TIME:** 20 minutes **COOK TIME:** 20 minutes

METHOD:

- Gently heat oil in a large, heavy-bottomed pot.
- Add the spices and stir, just enough to cover them with oil.
- Cook until you can smell the spices, about 1 minute.
- Add onion, garlic and ginger and cook for about 2 minutes.
- Add carrot, zucchini, squash, mushrooms, cauliflower and cabbage and stir until coated in the spices.
- Cook for 5 minutes and then add the broth.
- Cover pot and bring to boil.
- Once boiling, reduce the heat and simmer with cover on for about 20 minutes.
- The soup is ready when the vegetables are tender (test with a fork).
- Season to taste.
- Serve in soup bowls garnished with a sprig of parsley and with crusty bread.

TIPS:

If you want to make this into a bigger meal, add cooked red lentils and chopped kale.

SQUASH, APPLE AND TURMERIC SOUP

Creamy, tart and delicious.

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 20 minutes plus extra 5 minutes for cashew cream **COOK TIME:** 40 minutes

INGREDIENTS:

- 2 tbsp ghee or coconut oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 4 cups chicken or vegetable broth
- 1 1/2 teaspoon turmeric powder
- 1/4 teaspoon freshly ground black pepper
- 2 to 2 1/2 pounds peeled butternut squash, cut into 1-inch cubes (about 10 cups)
- 2 unpeeled Granny Smith apples or 2 pears, cored and cut into 1/2 inch cubes
- freshly grated peel of 1/2 lemon
- 1 inch fresh ginger root, grated
- 1 teaspoon sea salt
- 1/2 cup cashew cream (*see how to make this in the tip section)
- 4 tbsp freshly squeezed lemon juice (approximately 2 lemons)
- shredded coconut and pumpkin seeds for garnish

KATHERINE BOGGS

SQUASH, APPLE AND TURMERIC SOUP

Creamy, tart and delicious.

GF DF NF V

SERVING SIZE: 6 large servings

PREP TIME: 20 minutes plus extra 5 minutes for cashew cream

COOK TIME: 40 minutes

KATHERINE BOGGS

METHOD:

- Melt ghee or coconut oil in a large saucepan over medium-high heat.
- Add onion and garlic and cook for 8 - 10 minutes or until just brown.
- Add broth, turmeric, pepper, butternut squash, apples, grated lemon peel, ginger and salt.
- Cover and bring to a boil.
- Reduce heat and simmer for 40 minutes or until the squash is soft.
- Remove from heat and stir in the cashew cream and lemon juice.
- Cool for 10 minutes.
- Puree in batches until smooth and creamy (or leave if you prefer a chunky soup).
- Top with shredded coconut and pumpkin seeds and serve with crusty bread.

TIPS:

* To make cashew cream, add equal amounts of water and raw cashews into a blender and blend until smooth. If you soak the cashews in water for an hour before blending, you will get a better consistency. You can also purchase cashew butter and thin with water. For this recipe, you would mix ¼ cup cashew butter with enough water to make ½ cup of cream.

* This soup can also be made in an Instant Pot. Follow steps 1 to 3, then set to high pressure for 10 minutes. Follow steps 6 onwards to finish.

* Always add black pepper when using turmeric. The pepper helps the body absorb the valuable components in turmeric, making it more 'bioavailable.'

SPICY PEANUT SOUP

Peanut butter and spice, so nice!

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 15 minutes **COOK TIME:** 30 minutes

INGREDIENTS:

- 1 teaspoon extra virgin olive oil
- 1 medium sweet onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 medium butternut squash, peeled and chopped into ½-inch pieces
- 1 x 28 oz tin diced tomatoes, with their juices
- ⅓ cup natural peanut butter
- 4 cups vegetable broth, plus more as needed
- ½ teaspoon chilli powder
- 2 teaspoons each of cinnamon, ginger, cumin and turmeric
- 1 cup red lentils, rinsed and drained
- 2 handfuls torn kale leaves, stems removed
- ½ teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)

KATHERINE BOGGS

SPICY PEANUT SOUP

Peanut butter and spice, so nice!

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 15 minutes **COOK TIME:** 30 minutes

KATHERINE BOGGS

METHOD:

- Heat oil over medium heat in a large heavy-bottomed pot.
- Add onion and garlic and sauté for about 5 minutes, or until the onion is translucent.
- Add bell pepper, squash, and tomatoes.
- Simmer for 5 minutes more.
- In a separate bowl, whisk together the peanut butter and 1 cup of the vegetable broth until no clumps remain.
- Stir the mixture into the vegetables and the remaining 3 cups of broth, spices, and the red lentils.
- Cover and reduce the heat to medium-low.
- Simmer for 20 - 30 minutes, or until the squash is fork-tender.
- Stir regularly to prevent sticking on the bottom.
- Add more broth, if necessary.
- Stir in the kale and cook until it is wilted.
- Serve in bowls and garnish with cilantro or parsley and roasted peanuts.

TIPS:

You can use any winter squash in this recipe, such as delicata or acorn. The taste will be slightly different but still delicious and healthy.

OH MUSHROOM GOODNESS SOUP

GF DF NF V

Full of mushrooms to give you a fabulous umami taste.

SERVING SIZE: 6 large servings **PREP TIME:** 20 minutes **COOK TIME:** 30 minutes

INGREDIENTS:

- 2 tbsp avocado oil
- 3 leeks, sliced
- 3 cloves garlic, smashed (can use roasted garlic for a richer taste)
- 6 cups of sliced mixed mushrooms such as brown, white, portobello, shiitake
- 2 tbsp ground turmeric
- 1/2 teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)
- 1/2 teaspoon ground paprika (or smoked for an earthier flavour)
- 6 cups of broth
- 1 cup cashews, soaked for at least 2 hours, drained and rinsed or coconut milk
- 3 tbsp parsley, roughly chopped
- 1/2 cup miso paste (optional)
- crispy mushrooms and parsley to garnish (optional)

KATHERINE BOGGS

OH MUSHROOM GOODNESS SOUP

Full of mushrooms to give you a fabulous umami taste.

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 20 minutes **COOK TIME:** 30 minutes

KATHERINE BOGGS

METHOD:

- Heat oil over medium heat in a large, heavy-bottomed pot.
- Add leeks and garlic and sauté for about 5 minutes, or until the onion is translucent.
- Add mushrooms, turmeric, salt and pepper, paprika and broth.
- Cover and bring to boil, then turn down the heat.
- Simmer for 30 minutes, covered.
- Let cool for 30 minutes.
- Meanwhile blend the cashews or coconut milk, parsley and miso together until smooth
- Transfer to a second soup pot.
- Using the same blender jug blend about half of the mushroom mixture.
- Add to the cashew mixture.
- Blend remaining soup and add it to the first mixture or leave for a chunkier soup.
- Heat gently for a couple of minutes, stirring so that everything is combined.
- Fry sliced mushrooms in a small frying pan with a small amount of oil until crisp.
- Serve hot with crispy mushrooms and parsley.

TIPS:

* Umami is the fifth taste. It is a savoury, 'meaty' flavour derived from plants. Mushrooms are the most commonly used source of umami along with ripe tomatoes, kombu (kelp), anchovies, parmesan cheese, miso paste and soy sauce.

* Miso paste is made from fermented soybeans and is used a lot in Asian recipes. The mixture ferments for anywhere from a couple of months to years, and the longer it ages, the miso paste gets darker and more complex in flavour. Miso paste contains probiotics, healthy bacteria that may boost your immunity, promote a healthier gut and alleviate some of the symptoms of depression and anxiety.

BLACK BEAN AND QUINOA SOUP

GF DF NF V

A hearty soup full of protein and fiber.

SERVING SIZE: 6 large servings **PREP TIME:** 10 minutes **COOK TIME:** 10 minutes plus 15 minutes to cook quinoa

INGREDIENTS:

- 1 teaspoon avocado oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 red or yellow pepper diced
- 3 medium carrots, sliced
- 2 red chillies, de-seeded and chopped
- 5 ripe tomatoes, chopped
- 2 teaspoons chilli powder
- 3⁄4 cup quinoa
- 1 x 14 oz can of black beans, drained and rinsed
- 3 cups organic low-sodium chicken or vegetable broth
- 1/2 teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)

KATHERINE BOGGS

BLACK BEAN AND QUINOA SOUP

A hearty soup full of protein and fiber.

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 10 minutes **COOK TIME:** 10 minutes plus 15 minutes to cook quinoa

METHOD:

- Heat oil on medium in a heavy-bottomed saucepan.
- Sauté onion and garlic.
- Add peppers, carrots, chillies and tomatoes and heat for 5 minutes.
- Stir in quinoa and black beans to mix.
- Add broth and bring to a boil, then turn the heat down to a simmer and cover.
- Cook for 10 minutes or until heated through.
- Season with salt and pepper.

TIPS:

Cooking quinoa: Quinoa is a seed, and it is gluten-free. It cooks up like a fluffy couscous except that each grain has a distinctive tiny white filament. It has a bitter coating called saponin that is believed to be a natural insect repellent. However, it can cause digestive discomfort. Rinse it through a fine-mesh sieve until the water runs clear to remove most of the saponin. Another way to get rid of that natural bitter coating is to toast in a dry pan. This is only if you don't pre-soak.

CUMIN LENTILS AND COCONUT MILK

Creamy and delicious, with a subtle hint of spice.

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 15 minutes **COOK TIME:** 10 minutes

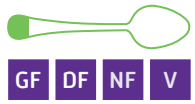
INGREDIENTS:

- 1 cup dried green or black lentils or 1 x 14 oz can drained and rinsed
- 2 onions, diced
- 3 cloves garlic, minced
- 3 tbsp cumin powder
- 1 cup broth
- 2 carrots, chopped
- 1 inch of ginger, unpeeled, grated
- 1 red pepper, chopped
- 3 medium tomatoes, chopped
- 1 x 14 oz can of coconut milk
- ½ teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)
- parsley, to garnish

KATHERINE BOGGS

CUMIN LENTILS AND COCONUT MILK

Creamy and delicious, with a subtle hint of spice.



SERVING SIZE: 6 large servings **PREP TIME:** 15 minutes **COOK TIME:** 10 minutes

METHOD:

- Cook black or green lentils if using dried in a large pot with 3 inches of water or in an Instant Pot for approximately 8 minutes of pressure cooking time.
- Meanwhile, sauté onions and garlic over medium heat in a couple of tbsp of broth and cumin until translucent.
- Add grated ginger, carrots and peppers and the rest of the broth.
- Cook until carrots are fork-tender.
- Add the tomatoes and coconut milk and stir well.
- Heat over low heat for 10 minutes.

TIPS: **It is easy to make your own coconut milk.**

- Heat 1 quart of water (make sure it doesn't boil).
- Add 1 cup of coconut flakes to a blender and add the water.
- Blend on high for 2 minutes.
- Pour through a nut milk bag or cheesecloth to remove the coconut pulp.
- Store in a glass jar in the fridge.
- You can use the pulp by drying it out and using it as gluten-free flour.

CONFUSED GAZPACHO

Is it a soup? salsa? or a sauce?

GF DF NF V

SERVING SIZE: 2-3, 1 litre mason jars **PREP TIME:** 20 minutes plus chilling time **COOK TIME:** N/A

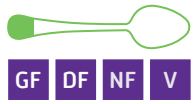
INGREDIENTS:

- 1 garlic clove, crushed
- 2 lbs large ripe tomatoes, de-seeded and chopped
- 1/2 cucumber, diced
- 1 red pepper, de-seeded and chopped
- 1/2 small red onion, chopped
- 3 cups of water
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 3 tbsp lemon, freshly squeezed
- 1/4 teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)
- basil for garnish

KATHERINE BOGGS

CONFUSED GAZPACHO

Is it a soup? salsa? or a sauce?



SERVING SIZE: 2-3, 1 litre mason jars **PREP TIME:** 20 minutes plus chilling time **COOK TIME:** N/A

METHOD:

- Put garlic, tomatoes, cucumber, peppers, onion, water, olive oil, vinegar and lemon juice in a large bowl.
- Mix well.
- Remove half of the mixture to a blender and puree.
- Return to the bowl and season with sea salt, pepper and paprika if using.
- Chill overnight so that the flavours fuse.
- Serve as a cold soup with crusty bread and basil as a garnish.

TIPS:

* Puree 3/4 of the mixture and use it as a salsa with chips.

* Puree the whole mixture and use it as a raw pasta sauce.

VEGGIE AND THREE BEAN CHILLI

Tex-Mex goodness!

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 15 minutes **COOK TIME:** 15 minutes

INGREDIENTS:

- 2 tbsp avocado oil or other good quality oil
- 1 large red onion, chopped
- 3 stalks of celery, sliced
- 4 garlic cloves, crushed
- 3 peppers, de-seeded and chopped, a mix of red, yellow, orange or green
- 27 oz of a blend of beans such as black, navy or kidney beans
- 5 large fresh tomatoes, chopped
- 1 cup frozen or fresh corn
- 1 tbsp chilli powder
- 1 small jalapeno, chopped, seeds discarded unless you want it spicier
- ½ teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)
- 1 quart of broth - vegetable, mushroom or chicken
- a handful of good quality shredded cheese

KATHERINE BOGGS

VEGGIE AND THREE BEAN CHILLI

Tex-Mex goodness!

SERVING SIZE: 6 large servings **PREP TIME:** 15 minutes **COOK TIME:** 15 minutes

KATHERINE BOGGS

METHOD:

- Heat oil on medium in a heavy-bottomed saucepan.
- Sauté onion, celery and garlic.
- Add peppers and heat for 5 minutes.
- Add beans, tomatoes, chilli powder, chilli flakes, salt and pepper and continue heating.
- Add broth and bring to just under a boil.
- Turn down the heat and simmer until the peppers are soft, approximately 15 minutes.

TIPS:

* Add chopped kale at the end and stir in so it wilts slightly.
* Add more broth to make a soup.
* Add cooked quinoa or rice to make a larger meal.
* Use as a filling for burritos, tacos or enchiladas.

TESTIMONIAL

“It took me a long time to realize that eating is not just a matter of filling your stomach, but it is all about feeding your body healthy food. Food determines your health status. During my childhood, my staple foods in Kenya were ugali (cornmeal), meat, white rice, beans and overcooked green vegetables. Because of my diet, I used to become sick 4-6 times a year. Body weakness, stomach aches, skin rashes, chest problems, malaria, open wounds, and appetite loss. My grandparents struggled to get the right medications for all these kinds of sicknesses until they gave up on me. They felt like I was not born to live.

In my twenties, I changed my diet when I gained more knowledge about nutritious foods. I started eating a variety of well-cooked green veggies, a balanced diet, incorporated timely eating, and consumed herbal teas. My body became very strong. The number of times I felt sick reduced to 2 times in a year. Up to now, it has been 1 year and 6 months that I have not felt ill. I agree with and live by the slogan, let your food be your medicine.”

Joyce J

SALAD & RECIPES
FOR GREENS

QUICK HACK: HOW TO DESIGN A DRESSING

Salads are excellent because they provide the opportunity to consume multiple raw vegetables and greens in one meal. The problem is that most people add salad dressings that contain oil - usually an unhealthy fat. Oils are really concentrated and historically were difficult to process unless you had an olive tree and a press.

Today, most of us do not have access to fresh, unpasteurized, properly raised dairy products, but we do have access to many different nuts, seeds, and avocado all year long. Therefore, we can make a wide variety of oil-free, delicious recipes. A little bit of oil is ok but look for healthier options such as avocado oil and pure olive oil. Dressings are a fat and a sour mixed together with optional seasonings/herbs. The sour part can be vinegar, lemon juice, or home fermented sauerkraut brine. The fat can be tahini, almond butter, cashew butter, almond milk, cashew milk, cream, greek yogurt with live cultures, melted ghee or butter, smashed avocado, avocado oil, or pure olive oil. When using nut butter, first thin it with equal portions of water and nut butter before measuring your ration of 3:1 (fat:sour). Nuts can also be used whole: soak overnight, drain, and add to the blender (½ cup nuts = ¼ cup nut butter). When travelling, it is incredibly convenient to bring a jar of cashew butter and a small bottle of apple cider vinegar for making quick dressings. Another great creative idea for low-fat salad dressings is to use leftover soup. Blend the soup smooth in a blender. Roasted tomato soup is fantastic!

UPDATED HEIRLOOM DRESSING

A wonderful, creamy dressing that can be made into many variations.

GF DF NF V

SERVING SIZE: Makes 1 ¼ cups of dressing **PREP TIME:** 15 minutes **COOK TIME:** 10 minutes

INGREDIENTS:

- ¾ cup almond or cashew milk, unsweetened (not vanilla)
- ¼ cup vinegar of choice
- 2 tbsp raw sugar
- 1 ½ teaspoon flour (for GF option, substitute cassava flour)
- 1 ½ teaspoon butter or ghee (can substitute avocado oil)
- yolks from 2 eggs, raised on pasture (for vegan option, substitute 1 tbsp ground flax seed, and then double the amount of avocado oil from above)
- 1 teaspoon dry mustard
- 1 teaspoon sea salt
- pinch of cayenne pepper

WENDY JACKSON

UPDATED HEIRLOOM DRESSING

A wonderful, creamy dressing that can be made into many variations.

SERVING SIZE: Makes 1 ¼ cups of dressing **PREP TIME:** 15 minutes **COOK TIME:** 10 minutes

METHOD:

- Place all ingredients in a pan on low heat.
- Wisk continually until it thickens.
- Chill and serve with your favourite lettuce salads.

TIPS:

*Ranch: To the thickened dressing, add 1 tbsp dried parsley, 1 tbsp dried chives (or ¼ cup of minced fresh green onions), 1 teaspoon garlic powder, and 1 tbsp of lemon juice.

*Creamy Italian: First create your own dry spice blend by mixing: 2 tbsp oregano, 1 tbsp garlic salt, 1 tbsp onion powder, 1 tbsp raw sugar, 1 tbsp parsley, 1 teaspoon black pepper, 1 teaspoon basil, ¼ teaspoon thyme, and ¼ teaspoon celery salt. Prepare heirloom dressing from above until it is thickened. Then whisk in 1 tbsp of white wine vinegar and 2 tbsp of your prepared spice blend.

*Mayonnaise: Substitute ⅓ cup cashews covered with water to equal ¾ cup, in place of the almond milk. Then add the cashews and water to the blender along with everything else and blend super well. Then thicken on the stove.

DRESSINGS

WENDY JACKSON

HERBY YOGURT

SERVING SIZE: ½ cup
PREP TIME: 5 minutes

GF DF NF V

- ½ cup plain full-fat yogurt
- ¼ cup of chopped herbs such as parsley, basil or cilantro
- ⅛ teaspoon salt
- ½ lemon, juiced

In a blender, combine the ingredients and blend until smooth.

SOY CHILLI

SERVING SIZE: ½ cup
PREP TIME: 5 minutes

GF DF NF V

- 1 tbsp sesame oil
- ½ cup soy sauce
- 1 ½ tbsp balsamic vinegar
- 2 tbsp clear honey
- 2 tbsp lemon juice
- 1 chilli, chopped, seeds removed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

In a blender, combine the ingredients and blend until smooth.

HONEY ORANGE

SERVING SIZE: 1/4 cup
PREP TIME: 5 minutes

GF DF NF V

- 1 orange, juice only
- 2 teaspoon clear honey
- 4 tbsp avocado oil

In a blender, combine the ingredients and blend until smooth.

TASTY TAHINI

SERVING SIZE: ¼ cup
PREP TIME: 5 minutes

GF DF NF V

- ¼ cup of tahini (sesame seed paste)
- 1 orange, juice only
- ½ teaspoon clear honey (optional)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

In a blender, combine the ingredients and blend until smooth.

CUCUMBER YOGURT

SERVING SIZE: 1 cup
PREP TIME: 5 minutes

GF DF NF V

- 1 cup yogurt
- 2 tbsp lemon juice
- ¼ small cucumber, finely chopped
- ¼ teaspoon salt

Combine the ingredients in a mixing bowl and mix until smooth.

AVOCADO CILANTRO

SERVING SIZE: ½ cup
PREP TIME: 5 minutes

GF DF NF V

- 1 ripe avocado, pit removed
- ¼ cup of chopped cilantro
- 1 tbsp avocado oil
- ⅛ teaspoon salt

In a blender, combine the ingredients and blend until smooth.

MASSAGED KALE SALAD

Include this superfood to become a super-you.

GF DF NF V

SERVING SIZE: 2 - 4 **PREP TIME:** 15 minutes **COOK TIME:** N/A

INGREDIENTS:

- 2 tbsp almond butter
- 2 tbsp apple cider vinegar
- 1 tbsp liquid aminos, tamari, or soy sauce
- 1 tbsp honey, agave, or maple syrup

- 1 bunch kale
- any additional ingredients you like (tomato, nuts, seeds, avocado, red onion, etc.)

METHOD:

- Whisk dressing ingredients together.
- Wash kale, remove stems, and rough chop.
- In a large bowl, place the kale and whisked dressing.
- With clean hands, massage the kale and dressing for about 3 minutes. This will soften the kale, making it delightful!
- Stir in any additional desired ingredients.

TIPS:

This salad keeps well since you don't have to worry about it wilting. Make it ahead of time, or eat from it all week long.

WENDY JACKSON

BLACK BEAN AND SWEET POTATO SALAD

Energy boosting black beans and sweet potatoes pair well with the cilantro avocado dressing in this hearty salad.

GF DF NF V

SERVING SIZE: 2 - 4 **PREP TIME:** 15 minutes **COOK TIME:** 40 minutes

INGREDIENTS:

- 1 medium sweet potato
- 2 tbsp oil such as avocado or olive oil
- ¼ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 400ml can of black beans, drained and rinsed
- A large handful of microgreens such as broccoli, kale and pea shoots
- 1 red pepper, sliced
- 1 tbsp each of pumpkin seeds and sunflower seeds
- 1 serving of Avocado Cilantro dressing (page - **43**)

METHOD:

- Preheat the oven to 375 degrees F.
- Peel and chop the sweet potato into ½ inch cubes.
- Toss the sweet potato cubes in the oil, cumin, salt and pepper.
- Spread the pieces on a parchment-lined baking sheet.
- Roast for 40 minutes until soft and slightly caramelized.
- Leave to cool while you prepare the next steps.
- In a medium bowl, combine the black beans, microgreens, red pepper, pumpkin seeds and sunflower seeds. Set aside.
- Add the sweet potato to the rest of the ingredients and mix in the dressing.

WENDY JACKSON

TAHINI-DRESSED SPIRALIZED ZUCCHINI SALAD

Oodles of zoodles!

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 25 minutes **COOK TIME:** N/A

INGREDIENTS:

- 1 zucchini, spiralized into 'zoodles'
- 100g green beans, tops and bottoms removed
- 200g salad leaves - choose a mix of leaves such as Spring Mix
- 1 pint cherry tomatoes, halved
- 1 serving of Tasty Tahini dressing (page - **43**)
- 6-7 slices of cooked chicken slices
- 1 teaspoon sesame seeds for garnish

KATHERINE BOGGS

TAHINI-DRESSED SPIRALIZED ZUCCHINI SALAD

Oodles of zoodles!

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 25 minutes **COOK TIME:** N/A

KATHERINE BOGGS

METHOD:

- Rinse and dry the zucchini. Use a knife to trim off the stem end of the zucchini.
- Spiralize the zucchini as per your spiralizer machine instructions (see below for an alternative if you do not have one).
- Gently steam the green beans for about 5 minutes (or longer if you like them softer).
- Run under cold water once cooked.
- Arrange all ingredients in a bowl, including the cooked chicken slices.
- Sprinkle sesame seeds and toss with dressing.

TIPS:

* Spiralizing is a fun way to prepare vegetables for salads or to be used as noodles. Zucchinis are one of the easiest vegetables to spiralize. If you do not have a spiralizer, you can still make 'zoodles' (zucchini noodles) using a mandoline (please remember to use the guard!) or a peeler.

With a mandoline: Fit the mandoline with the julienne blade. Gently slide the zucchini lengthwise down the mandoline blade to create long, thin strips.

With a peeler: Hold the peeler against one side of the zucchini and gently peel the zucchini into noodles. Peel 2-3 swipes on one side and then turn the zucchini a quarter turn and repeat peeling a few passes of noodles and turning the vegetable.

SPICED LENTIL SALAD

Full of fibre and warming spices, this salad will keep you energized.

GF DF NF V

SERVING SIZE: 2 - 4 **PREP TIME:** 25 minutes **COOK TIME:** N/A

INGREDIENTS:

- 2 tbsp avocado oil
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- 1 400ml tin of black or green lentils, drained
- 100 grams Brussel sprouts, sliced
- 1 small jalapeno, finely chopped, seeds removed
- 1 medium red, yellow or orange pepper, sliced
- 1 serving of Cucumber Yoghurt dressing (page - **43**)

METHOD:

- Heat oil in a medium frying pan.
- When hot, add coriander, cumin and turmeric and cook for 1 minute.
- Add the lentils and gently heat through.
- Remove from heat and place in your salad bowl.
- Slice the brussel sprouts and sautee with chilli for 2 minutes in the same pan as the lentils. Add more oil if needed.
- Add to the lentil mix.
- Add the pepper slices and serve with dressing on the side.

TIPS:

Cast iron pans are an excellent way of getting more iron in your diet. Many people suffer from iron deficiency, so cooking with cast iron pans may help increase your iron content by as much as 20 times!

KATHERINE BOGGS

BULGUR WHEAT AND POMEGRANATE SALAD

A real showstopper, this salad is quick to make and flavoursome.

GF DF **NF** V

SERVING SIZE: 2 - 4 **PREP TIME:** 25 minutes **COOK TIME:** 10 minutes

INGREDIENTS:

- 1 cup cooked bulgur wheat
- 200 grams mixed salad leaves
- ¼ cup pomegranate seeds
- 3 small radishes, sliced
- 1 ripe avocado, sliced
- 1 small orange, divided into segments
- 100 grams goats cheese (plain or herb-covered)
- 1 serving of Orange Dressing (page - **43**)
- A few sprigs of parsley

METHOD:

- Cook the bulgur wheat according to the packet.
- Let cool slightly.
- In a salad bowl, mix bulgur wheat, salad leaves, pomegranate seeds and radishes.
- Next, add the avocado, goats cheese and dressing and toss gently.
- Sprinkle with parsley and serve.

KATHERINE BOGGS

WARM MUSHROOM SALAD

Did you know mushrooms are a great source of Vitamin D?
Get a top up with this delicious salad.

GF DF NF V

SERVING SIZE: 2 - 4 **PREP TIME:** 25 minutes **COOK TIME:** 40 minutes

INGREDIENTS:

- 1 pint (or approximately 10 medium sized) mushrooms, quartered
- 1 small bunch of curly or flat-leafed parsley, roughly chopped
- 1 medium sweet potato, peeled and cubed
- 4 tbsp oil such as avocado or olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- A large handful of pea shoots or salad leaves
- 2 inch cube of feta or goats cheese
- 1 serving of Herby Yoghurt dressing (page - **43**) or Soy Chilli dressing (page - **43**)

METHOD:

- Preheat the oven to 375 degrees F.
- Peel and chop the sweet potato into ½ inch cubes.
- Toss the sweet potato cubes in the oil, salt and pepper.
- Spread the pieces on a parchment-lined baking sheet.
- Roast for 40 minutes until soft and slightly caramelized.
- Meanwhile, add 2 tbsp oil to a heavy-bottomed frying pan.
- When hot, add mushrooms and cook until crispy.
- Add parsley and cook for a further minute.
- Leave in the frying pan with the heat off while you make the dressing.
- Arrange pea shoots or salad leaves on a plate.
- Cut the feta or goats cheese into slices and add to the salad.
- Finally, add the warm sweet potato and mushrooms.
- Drizzle with the dressing of your choice.

KATHERINE BOGGS

AFRICAN COOKED GREENS

A staple dish in Kenya, this dish is packed with goodness.

GF DF NF V

SERVING SIZE: 4 **PREP TIME:** 15 minutes **COOK TIME:** 10 minutes

INGREDIENTS:

- 1 tbsp oil, ghee/butter, or use water
- 1 onion
- 2 cloves garlic (optional)
- 1 bell pepper (optional)
- 1 hot pepper (optional)
- 1 tomato (optional)
- 2 pounds of any cooking greens, de-stemmed and chopped. Choose from collard greens, kale, spinach, or sweet potato leaves.
- 1 teaspoon cumin
- 1/2 - 1 teaspoon sea salt
- 1/4 teaspoon cayenne pepper (optional)

METHOD:

- Saute onion in fat or water.
- Add garlic, peppers, and tomato if using and saute a few more minutes.
- Add washed greens and let cook until well wilted, about 10 minutes.
- Add cumin, salt, and cayenne pepper if using.

TIPS:

Depending on where you live, there could be trees that provide edible greens all year round. It would be worth your time to research! Greens have thousands of chemicals that protect them from pests. These same chemicals are used by our body to heal, prevent diseases and strengthen our immune systems.

WENDY JACKSON

TESTIMONIAL

“Although I have always considered myself a ‘healthy’ eater, it was only recently that I realized how little I really know about food choices.
Over the course of a year, the more I connected with Thrive, their methodology and courses, the more I learned and applied to change my diet. It transformed me.
Now, I have a small ‘tire’ garden in my backyard, pots of herbs, focus on eating ‘disease-fighting-foods’ and even daily intermittent fast. As a result, my mind is less foggy, my energy levels have increased and I am sick less often.
The connection between what we eat, how we eat and our overall health is far greater than I thought. And, I am better because of it.
Thank you, Thrive!”

James W

MAIN DISH RECIPES

RED KIDNEY BEAN BURGERS

A filling meal for 'Meatless Monday.'

GF DF NF V

SERVING SIZE: 8 large patties **PREP TIME:** 15 minutes **COOK TIME:** 35 minutes

INGREDIENTS:

- 2 cups cooked soft red kidney beans (or black beans)
- 2 tbsp lemon juice
- 2 tbsp garam marsala
- 1 teaspoon sea salt
- 2 tbsp olive oil
- 1 egg, beaten
- 1 cup zucchini, grated
- 1/2 cup of either carrot, sweet potato or yam, grated
- 1 cup mushrooms, finely chopped
- 1/2 cup kale, spinach or rapini, chopped
- 1/2 cup flour - wholemeal or a gluten-free alternative
- 1/2 teaspoon baking powder

KATHERINE BOGGS

RED KIDNEY BEAN BURGERS

A filling meal for ‘Meatless Monday.’

GF DF NF V

SERVING SIZE: 8 large patties

PREP TIME: 15 minutes

COOK TIME: 35 minutes

KATHERINE BOGGS

METHOD:

- Preheat the oven to 400F/200C.
- Put beans, lemon juice, garam marsala, salt and oil in a large bowl.
- Use either a potato masher or the back of a large spoon to mash everything together until it is as smooth as possible.
  It doesn’t matter if there are chunks of beans, as this will add texture to the patties.
- Add egg to the mixture and stir well.
- Add all the vegetables and mix well.
- Mix in flour and baking soda, adding more flour 1 tbsp at a time if the mixture is too wet.
- Divide mixture into 8 and form round balls.
- Flatten slightly and place on a lined baking tray.
- Place in a heated oven and bake for 25 minutes.
- Turn patties over and continue to bake for 5-10 minutes.

TIPS:

* You can also fry the patties - heat 1 tbsp of oil on medium heat and gently fry for about 10 minutes each side.

* Serve with hummus, in a wrap or with a green salad.

* Serve in burger buns, wraps, lettuce leaves or as a topping for a salad.

SWEET POTATO CURRY

Divine goodness on a plate!

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 25 minutes **COOK TIME:** 25 minutes

INGREDIENTS:

- 2 tbsp unrefined coconut oil
- 2 tbsp cumin seeds
- 1 large onion, diced
- 4 large cloves garlic, minced
- 1 inch knob of ginger, minced
- 1 tbsp ground turmeric
- 1 tbsp ground cinnamon
- 1/4 teaspoon red pepper flakes
- 1 large sweet potato, peeled and cubed (1 cm cubes)
- 1 x 14 oz tin chickpeas, drained and rinsed (*or dried - see below)
- 1 x 14 oz tin of diced tomatoes and juices
- 1 x 14 oz tin coconut milk
- 1 cup filtered water
- 2 large handfuls of spinach, chopped
- ½ teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)
- brown rice, quinoa, or naan bread
- cilantro, lime and coconut pieces

SWEET POTATO CURRY

Divine goodness on a plate!

GF DF NF V

SERVING SIZE: 6 large servings **PREP TIME:** 25 minutes **COOK TIME:** 25 minutes

KATHERINE BOGGS

METHOD:

- Heat oil over medium heat.
- Add cumin seeds and toss for a minute.
- Add onions and cook until they are soft and translucent.
- Sauté garlic, ginger, turmeric, cinnamon, pepper flakes and salt and pepper.
- Add sweet potato, chickpeas, tomatoes, juices, coconut milk and water.
- Heat on medium, then cover and turn down the heat, so the mixture is just simmering.
- Cook until potatoes are tender, approximately 25 minutes.
- Turn off the heat.
- Stir in the spinach and cover, so steam gently cooks the spinach.
- Serve with brown rice or quinoa, or naan bread, and with cilantro, lime wedges and coconut pieces on top.

TIPS:

* Soak legumes overnight in cold water to help them cook quicker and release anti-nutrients, making them harder to digest. You could also add a strip of kelp or kombu to support this process. When ready to use, drain and rinse with clean water. It is optional whether you discard the kelp or keep it.

VEGGIE PIE WITH CAULIFLOWER MASH

A fantastic alternative to a family favourite.

GF DF NF V

SERVING SIZE: 8 portions of 1 large lasagne dish **PREP TIME:** 60 minutes **COOK TIME:** 30 minutes

BASE INGREDIENTS:

- 3 tbsp oil
- 2 leeks, sliced
- 4 cloves garlic, minced
- 2 tbsp ground cumin
- 1 tbsp ground turmeric
- 3 carrots, chopped - try a mix of colours such as purple, orange and yellow for fun
- 3 celery stalks, sliced
- 1 cup butternut squash, cubed
- 2 cups edamame beans
- 1 cup of vegetable broth
- 3 cups cremini mushrooms, sliced
- 1 x 28 oz can of navy beans, drained and rinsed - divided into 2 (save half for the mash)
- ¼ teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)

METHOD:

- Cook leeks and garlic in the oil over medium heat until translucent.
- Add cumin and turmeric and coat the onions. Cook for 1 minute.
- Add the carrots, celery, squash, edamame beans and broth.
- Simmer for about 5 minutes.
- Add mushrooms and half of the navy beans and stir until thoroughly combined.
- Cook for another 10 minutes. Add more broth if dry.
- Add salt and pepper to taste.
- Layer a large dish such as a lasagne dish with the mixture.

KATHERINE BOGGS

VEGGIE PIE WITH CAULIFLOWER MASH

A fantastic alternative to a family favourite.

GF DF NF V

SERVING SIZE: 8 portions of 1 large lasagne dish **PREP TIME:** 60 minutes **COOK TIME:** 30 minutes

KATHERINE BOGGS

MASH INGREDIENTS:

- 2 medium heads of cauliflower, broken into florets
- the remainder of navy beans from base ingredients
- 1/4 cup olive oil
- 1/4 teaspoon paprika
- ¼ teaspoon each of sea salt and freshly ground black pepper (more to taste if necessary)

METHOD:

- Preheat the oven to 375 degrees F.
- Steam cauliflower until soft, about 15 minutes.
- Add to the food processor with beans, olive oil, paprika, salt and pepper.
- Process until smooth.
- Spread on top of the veggie mixture.
- Bake in the oven for about 30 minutes, or until the sides are bubbling.

GRAVY INGREDIENTS:

- 3 large red onions, diced
- 1 clove garlic, minced
- 2 cups water or broth
- 3 tbsp miso paste

METHOD:

- Cook onions and garlic in a saucepan over medium heat until soft and slightly caramelized.
- Transfer to a food processor.
- Process until onions are pureed.
- Add water or broth and miso and process again until completely mixed.
- Return to the pan and reheat.
- Serve over the veggie pie.

TIPS:

You can substitute any vegetables you have for the base to make it different each time.

GREEN RICE

A dish that is spicy, vibrant and fresh.

GF DF NF V

SERVING SIZE: 2 main meals or 3 sides **PREP TIME:** 10 minutes **COOK TIME:** 20 minutes

RICE INGREDIENTS:

- 1 cup good quality rice
- 1 tbsp good quality oil such as coconut or avocado
- 1/2 cup chopped onion or shallots
- 3 cloves garlic, skins removed and minced
- 1 bay leaf

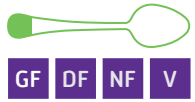
GREEN MIX INGREDIENTS:

- 1 3/4 cup water or organic broth
- 1 small jalapeño pepper, seeds and stems removed, chopped
- 2 cups cilantro or parsley, large stems removed
- 1/2 teaspoon cardamom seeds, ground
- 1 inch ginger root, roughly chopped
- 1/2 teaspoon sea salt
- a handful of asparagus spears and sugar snap peas (also known as snap peas, are a cross between snow peas and garden peas. The whole pod is eaten and has a crunchy texture and very sweet flavour)

KATHERINE BOGGS

GREEN RICE

A dish that is spicy, vibrant and fresh.



SERVING SIZE: 2 main meals or 3 sides **PREP TIME:** 10 minutes **COOK TIME:** 20 minutes

KATHERINE BOGGS

METHOD:

- Add water/stock, pepper, cilantro/parsley, cardamom, ginger and salt to a blender and blend on high for about 30 seconds. The mixture should be completely combined. Set aside.
- Rinse rice in a mesh strainer until water runs clear.
- Heat a large pan that has a fitted lid over medium heat. Add oil, then onion and garlic.
- Sauté until just tender, about 4 minutes.
- Add the well-drained rice and occasionally stir for about 3 minutes until lightly toasted.
- Gradually add the green mix to the pan and stir until it covers all the rice.
- Increase the heat to high until it reaches a low boil.
- Reduce heat to a simmer, cover and let cook for about 20 minutes.
- Remove the lid quickly to test if the rice is fluffy, and there is no more liquid. If it is fluffy, then turn off the heat.
- If it is not, keep cooking for another couple of minutes and re-check.
- When ready, turn off the heat and add sugar snap peas and asparagus spears, cover. Let stand for 10 minutes.
- Serve with lime wedges and torn cilantro on top.

TIPS:

* This dish is best fresh but can be stored in the refrigerator for 2 days or in the freezer for up to a month.

* Any seasonal green vegetable can be added, such as spinach, edamame beans, bok choy or peas.

* Try adding your favourite spices too. Cinnamon works well and is an excellent blood-balancer. Add chilli for more spice.

* If you are using this recipe as a side dish, it is very versatile. It can be used as the base of a poke bowl (add chickpeas or black beans, avocado, chopped raw peppers etc.) or enjoyed with red kidney bean burgers.

OVEN BAKED RATATOUILLE

Comfort food at its best.

GF DF NF V

SERVING SIZE: 6-8 portions **PREP TIME:** 15 minutes **COOK TIME:** 60 minutes

INGREDIENTS:

- 2 large zucchinis, very thinly sliced
- 1 large eggplant, sliced into 5mm half-moons
- 2 large yellow peppers, sliced
- 2 large red tomatoes, sliced
- 1 red onion, sliced
- 2 cloves garlic, crushed and coarsely chopped
- 2 tbsp olive oil
- 2 heaped teaspoons sea salt
- ½ teaspoon freshly ground black pepper
- 1 tbsp fresh basil, roughly chopped
- 2 x 14 oz cans of chopped tomatoes
- 2 tbsp parmesan, grated

KATHERINE BOGGS

OVEN BAKED RATATOUILLE

Comfort food at its best.

SERVING SIZE: 6-8 portions **PREP TIME:** 5 minutes **COOK TIME:** 60 minutes

KATHERINE BOGGS

METHOD:

- Preheat the oven to 375F.
- Mix the vegetables, garlic, oil, salt, pepper and basil in a medium-sized bowl to coat.
- Scatter the vegetables randomly in a roasting tin or lasagne dish, then top with the canned tomatoes. Smooth the tomatoes over the vegetables, then transfer to the oven and roast for 30 minutes.
- After the first 30 minutes, increase the oven to 400F, so the veggies crisp up a bit.
- Cook for another 20 minutes.
- Add parmesan cheese and cook for a further 10 minutes
- Leave ratatouille to cool for 10-15 minutes.
- Serve with plenty of crusty bread. Add a green salad to complete the meal.

TIPS:

* Don't panic if it looks like there's too much liquid in the roasting tin or lasagne dish after the first 30 minutes as this absorbs perfectly by the end.
* Got leftovers? Whizz for a bit in a blender, and you have a marinara sauce for pasta.
* Garlic tip - when you use a garlic press, you lose valuable juices because it is left on the press. Instead, peel the garlic, crush it with the back of your knife on a chopping board, and then chop. Scrape all the goodness into your dish.

GARBANZO SAUCE OVER RICE

So simple and yet a favourite dish for serving guests!

GF DF NF V

SERVING SIZE: 4 **PREP TIME:** 20 minutes **COOK TIME:** 30 minutes

INGREDIENTS:

- 1 yellow onion
- 2 cups chopped fresh tomatoes
- 2 teaspoons sea salt
- 2 bay leaves
- 3 cups cooked garbanzo beans (chickpeas)
- ½ cup tomato sauce

- ⅓ cup natural peanut butter
- ½ cup of water

METHOD:

- Chop the onion and saute it in a pan with 2 tbsp of water.
- Add the rest of the ingredients in that section, cover, and simmer for 20 minutes.
- Blend the peanut butter and water until smooth.
- Add to your cooking pot, cover, and simmer for another 10 minutes.
- Serve over cooked rice.

TIPS:

There's no reason you can't add some greens like kale or spinach to this dish. You can also substitute ½ cup roasted peanuts for the peanut butter and then blend the peanuts and the water in a high-speed blender. For peanut allergies, try almond or cashew butter.

WENDY JACKSON

OAT BURGERS

Oaty goodness perfectly packaged.

GF DF NF V

SERVING SIZE: 6 patties **PREP TIME:** 25 minutes **COOK TIME:** 40 minutes

INGREDIENTS:

- 1 ¼ cups water
- 1/2 cup finely chopped onion
- 1 cup mushrooms, finely chopped
- 3 tbsp liquid aminos or low-salt soy sauce
- 1 tbsp fat of choice (nut butter, ghee, avocado oil, etc.)
- 3/4 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning
- 1 teaspoon smoked paprika
- 1 teaspoon sage
- 1 teaspoon liquid smoke
- dash cayenne pepper

- 1 ½ cups quick-cooking rolled oats
- ½ cup ground raw sunflower seeds

KATHERINE BOGGS

OAT BURGERS

Oaty goodness perfectly packaged.

GF DF NF V

SERVING SIZE: 6 patties **PREP TIME:** 25 minutes **COOK TIME:** 40 minutes

KATHERINE BOGGS

METHOD:

- Add the ingredients from the first section to a pot and simmer for 10 minutes.
- Stir in the oats and sunflower seeds.
- Remove the pot from heat immediately, cover, and let sit for several minutes.
- Scoop out the mixture using a heaping ⅓ cup and form into 'burger' patties. If using a mold, you will need to grease it in between each patty.
- Place on a parchment-lined baking sheet.
- Bake at 350F for about 30 minutes, flipping halfway.

TIPS:

These freeze well and are great from the freezer to the grill. You might want to multiply out a larger batch!

SALISBURY "STEAK"

So good, you won't miss the beef!

GF DF NF V

SERVING SIZE: 4 **PREP TIME:** 20 minutes **COOK TIME:** 30 minutes

INGREDIENTS:

- 2 cups water
- 3 tbsp whole wheat flour (or cassava flour for a gluten-free option)
- 1 tbsp onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt
- 2 tbsp olive oil (good quality)
- 3 tbsp liquid aminos or low-salt soy sauce
- 1 tbsp nutritional food yeast flakes or finely grated parmesan cheese
- 1 tbsp cornstarch (non-GMO)

- 3 oat burgers, thawed (recipe on page **65-66**)

- 1 yellow onion
- 8 - 16 ounces of fresh mushrooms

KATHERINE BOGGS

SALISBURY "STEAK"

So good, you won't miss the beef!

GF DF NF V

SERVING SIZE: 4 **PREP TIME:** 20 minutes **COOK TIME:** 30 minutes

KATHERINE BOGGS

METHOD:

- Place all ingredients in the first section into a blender and blend until really smooth. Pour into a pan and cook over medium heat until thickened, stirring often. Set aside.
- Put a small amount of olive oil into a pan and saute the onions and fresh mushrooms.
- Using a small 9x9 square baking pan, layer the ingredients as follows:
  - Half the onion and mushroom mixture
  - Half of the gravy
  - The thawed oat burgers
  - Remaining onion and mushroom mixture
  - Remaining gravy
- Bake at 400 degrees F until bubbly and starting to brown.

TIPS:

Serve with non-starchy vegetables and a big salad since the burgers are made from rolled oats. A great choice would be to serve the burgers over spaghetti squash!

TESTIMONIAL

“Until my late twenties, I really had no health compass. I was addicted to sugar, processed foods and dairy. My idea of a healthy meal was anything that had protein, whatever the quality. No surprise that I had frequent infections and breakouts. My energy levels would spike and drop, so it was hard to concentrate at times and no matter how hard I worked out, I never seemed to get better results. When Dale and Linda first founded Thrive, they started to share their excitement about nutrition. I was hungry for change and switched to a whole foods, plant-based diet. Everything changed. I stopped getting infections. My energy levels rose and steadied. My skin stopped breaking out. And even though my workouts were better, I didn’t need to exercise to maintain my weight. Over a dozen years have passed and I wouldn’t go back for anything.”

Anna B

HUMMUS, DIPS &
CRACKERS

QUICK HACK: THE BEAUTY OF BEANS

Beans are a superfood and are associated with long life and anti-cancer benefits! Beans are high in protein, fiber, and phytonutrients. Beans contain inositol pentakisphosphate (IP-5), which will not allow cancerous tumours to grow. One scientific study done on men who consumed beans twice a week showed a 50% reduction in colon cancer. But what about eating them every day? Beans also contain high amounts of phytonutrients, which stay in your body to protect you. If you eat enough beans, you will notice a healthy colour change in your skin that can protect you from skin cancer. Beans digest very slowly, keeping you satisfied until your next meal. You will notice an increase in energy when you consume beans as they slowly release the carbohydrates into your body for long term steady fuel. What is most interesting about the carbohydrates in beans is that they are a resistant starch. This means that 90% of the calories are not absorbed by our body as food but rather stay in our colon to feed our good beneficial bacteria.

Many people say they can't eat beans or that beans cause gas. This is due to them not eating beans often enough. The bacteria needed for digesting beans have been starved, and their populations diminished. To repopulate them, consume 2 tbsp of beans per day until symptoms disappear. Gradually increase to a cup or more a day. Amazingly, eating just two tbsp a day produces a death-rate reduction of 8%! - (Dr. Fuhrman on Beans). Once the good bacteria consume the resistant starch, they convert it to butyrate (a healthy fat). This fat stays in the stool and ends up exiting the body, but its presence in the colon prevents and heals hemorrhoids, constipation, diverticulitis and has anti-inflammatory and immune protective effects. If this wasn't already an enormous amount of benefits, beans also slow down glucose absorption, preventing and correcting type 2 diabetes. This benefit is effective for multiple meals beyond when you ate the beans.

HUMMUS HERO – CLASSIC; SUN-DRIED TOMATO; BLACK BEAN; RED PEPPER; & BEETROOT

Hurray for hummus! Which one is your favourite?

GF DF NF V

SERVING SIZE: approximately 1 to 2 cups

PREP TIME: 5-10 minutes

COOK TIME: none unless you are cooking your own chickpeas

KATHERINE BOGGS

INGREDIENTS:

BASE:

- 2 cloves of garlic
- 2 tbsp tahini (store-bought or homemade)
- juice of half a lemon
- 1/4 teaspoon sea salt
- 3 tbsp olive oil

CLASSIC:

- 1 x 28 oz can cooked chickpeas, or equivalent dried and then cooked

SUN-DRIED TOMATO:

- 1 cup black olives, pitted
- 1 cup sun-dried tomatoes (if in oil, drain; if dried, soak in hot water for 5 minutes before using)
- 1/2 cup artichokes, drained from oil

BLACK BEAN:

- 1 x 14 oz can cooked black beans, or equivalent, dried and then cooked
- 1/4 teaspoon paprika

RED PEPPER:

- 1 x 28 oz can cooked chickpeas, or equivalent dried and then cooked
- 2 tbsp tahini (store-bought or homemade)
- 2 x medium peppers, raw or roasted, peeled and cooled

BEETROOT:

- 1 x 28 oz can cooked chickpeas, or equivalent dried and then cooked
- 2 x medium beetroot, cooked and cooled

METHOD:

- Add all the base ingredients to a food processor.
- Add the specific ingredients for the hummus you want to make.
- Process for a couple of minutes until it reaches a smooth consistency.

TIPS:

* Want to make the hummus green? Just add spinach, parsley, green onions, basil, dill, cilantro, thyme, tarragon or mint.

GINGER CASHEW SPREAD

A lovely alternative to rice in maki rolls or as a spread in a sandwich.

GF DF NF V

SERVING SIZE: 500ml mason jar **PREP TIME:** 5 minutes plus soaking **COOK TIME:** N/A

INGREDIENTS:

- 2 cups cashews, soaked for 6 hours, drained and rinsed
- 1 tbsp hemp seeds
- 3 cloves garlic, raw or roasted
- 1 whole lemon, juiced and zested
- 3 inch piece of ginger, unpeeled, finely chopped
- 1 tbsp parsley, chopped
- ¼ teaspoon sea salt
- ¼ freshly ground pepper
- ⅛ teaspoon of paprika (optional)

METHOD:

- Place all ingredients in a food processor (or blender) and mix until a desired texture.
- If the mixture is too sticky, add 1 tbsp of water at a time.
- Use as a spread on nori sheets, toast or even add to smoothies.

KATHERINE BOGGS

SEED CRACKERS

Move over store-bought crackers; these are amazing!

GF DF NF V

SERVING SIZE: approximately 20 medium crackers **PREP TIME:** 10 minutes **COOK TIME:** 60-75 minutes

INGREDIENTS:

- 1/2 cup chia seeds
- 1/2 cup raw hulled sunflower seeds
- 1/2 cup raw pepitas (pumpkin seeds)
- 1/2 cup raw white sesame seeds
- 1 cup water
- 1 large garlic clove, finely grated
- 1/4 teaspoon sea salt

METHOD:

- Preheat the oven to 300F. Line a large baking sheet with parchment paper.
- In a large bowl, mix chia seeds, sunflower seeds, pipits and sesame seeds.
- Add water, garlic and salt. Stir with a spatula until combined. Allow the mixture to sit for a couple of minutes until the chia seeds absorb all of the water. You'll know they are ready when there is no pool of water in the bottom of the bowl.
- Spread the mixture onto the baking sheet. Use a spatula and your hands to squish the mixture, so it is flat - the thinner, the crispier. You may need a second baking sheet.
- Use a spatula to cut the mixture in half - this will make flipping easier.
- Bake for 35 minutes. Remove from the oven and flip the mixture over. Bake for another 25-35 minutes.
- Let cool for 10-15 minutes on the pan and break into pieces and let cool completely on the pan.
- Store in an airtight container for 2 weeks or freeze in freezer bags for up to 1 month.

TIPS:

* If crackers soften while storing, toast in the oven at 350F for 5-7 minutes and let cool completely before eating.

KATHERINE BOGGS

HEMP AND PUMPKIN SEED PESTO

GF DF NF V

Full of good fats, you won't feel guilty eating.

SERVING SIZE: 250ml jar **PREP TIME:** 5 minutes **COOK TIME:** N/A

INGREDIENTS:

- 2 cups firmly packed arugula
- 1 cup firmly packed fresh basil
- 6 garlic cloves, crushed
- 1 lemon, zested and juiced, more to taste
- 1 cup raw pumpkin seeds
- 1/2 cup hemp seeds
- 1/2 cup extra-virgin olive oil
- 1 teaspoon sea salt

METHOD:

- Place all ingredients in a blender and blend on low.
- Increase the speed but don't blend on high as you want some texture.
- You may need to stop and scrape down the sides.
- Transfer to a glass jar and use within 2 weeks.
- You could also freeze in ice cube trays for later.

TIPS:

* This pesto has impressive female-specific superpowers as the pumpkin seeds balance estrogen levels, support the immune system and are rich in magnesium.

KATHERINE BOGGS

GARLIC "BUTTER"

A great substitute for Alfredo Sauce especially poured over spaghetti squash.

GF DF NF V

SERVING SIZE: Makes 2 ¼ cups **PREP TIME:** 15 minutes **COOK TIME:** 5 minutes

INGREDIENTS:

- 2 teaspoon unflavored gelatin
- 1/4 cup cold water

- 1 cup boiling water

- 1 cup water
- 1/3 cup polenta

- 1/4 cup raw cashews
- 1 teaspoon sea salt
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon grated raw carrot or red bell pepper or smoked paprika (to give color)
- 3 small or two large cloves of garlic
- 1 tbsp dried onion flakes
- 2 tbsp ground sesame seeds (or 1 tbsp tahini)

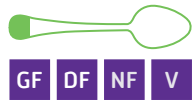
TIPS:

To make a sweet flavored butter spread for toast, muffins, pancakes, or waffles, simply omit the garlic cloves and dried onion flakes. Then add ⅓ cup of unsweetened coconut flakes and 2 tbsp of maple syrup before blending. I like to make both versions at the beginning of the week and label the jars "Sweet Butter" & "Savory Butter".

WENDY JACKSON

GARLIC "BUTTER"

A great substitute for Alfredo Sauce especially poured over spaghetti squash.



SERVING SIZE: Makes 2 ¼ cups **PREP TIME:** 15 minutes **COOK TIME:** 5 minutes

WENDY JACKSON

METHOD:

- Place the gelatin and cold water into a blender and soak for 5 minutes.
- Add the boiling water and blend briefly.
- Bring the next cup of water to a boil and gradually stir in the polenta (a whisk works the best. Stir occasionally, cooking the polenta for 3 - 5 minutes. Scrape the cooked polenta from the pan into the blender.
- Add the remaining ingredients and blend well until it is very smooth.
- Use as a sauce right away, or pour into a storage container and move it to the refrigerator. Keeps well for about a week.

TIPS:

To make a sweet flavored butter spread for toast, muffins, pancakes, or waffles, simply omit the garlic cloves and dried onion flakes. Then add ⅓ cup of unsweetened coconut flakes and 2 tbsp of maple syrup before blending. I like to make both versions at the beginning of the week and label the jars "Sweet Butter" & "Savory Butter".

TESTIMONIAL

“Every single month, I used to suffer from illnesses. I was very weak, had muscle pain, chills, fever, night sweats, headache, loss of appetite and weight. But after gaining the knowledge of healthy foods, understanding Dr. Fuhrman’s Nutrient Density Chart, and implementing change in my diet and lifestyle, I have never experienced such illness or allergies again.

Being a father, I am so happy that I am well equipped with knowledge of how nutritious food can fuel your body and act as your own medicine. The healthy person I am today can teach about and feed my one-year old son the right foods to grow strong and reach his full potential in life. Right now, his favourite food is green smoothies. He also loves cooled artemisia and hibiscus teas. Since he was born, I have never taken him to the hospital to be treated for any type of sickness or disease.”

Jacob L

FERMENTED FOODS

QUICK HACK: USE FERMENTED FOODS TO SAVE TIME!

Many people have said that they don't have time to ferment their vegetables, but fermenting vegetables SAVES you time! Fermentation takes only a few minutes once you are in the habit of doing it. If you store it in the refrigerator and keep the vegetables submerged in the brine, they will never spoil. Eventually, you can build up quite the stock of ready-to-eat vegetables. Take our Antipasto recipe, for example. If you are in a hurry, you can make a quick salad by combining lettuce, beans, and Antipasto vegetables. The fermented vegetables add the sour component needed for salad dressing. Drizzle some good quality olive oil or drain some of the liquid from the vegetables and blend with cashew butter or one mashed avocado.

You could also cook pasta and toss with the Antipasto vegetables for an instant meal. If you have some of our Garlic "Butter" on-hand, you could also add that. For a side dish, you could do the same thing by baking a spaghetti squash and using it as the pasta. Even restocking your salad bar box is a much faster task if you have fermented vegetables ready to use for this purpose.
Perhaps the most motivating reason to ferment vegetables would be what happens to them and you because of it! During fermentation, the good bacteria create beneficial byproducts such as probiotics, enzymes, and many vitamins - especially B vitamins. Enzymes also open the vegetables' cell walls, making the already present nutrients more available for us to absorb. For example, fermented cabbage (sauerkraut) provides 10 times the amount of vitamin C as raw cabbage. Additionally, any minerals in the fermenting jar, whether from the vegetables or the salt, become ionic. This means that the minerals are broken down into their simplest forms so that our body can more efficiently use them.

In summary, the process of fermentation prevents spoilage, saves time in the kitchen, and also turns your vegetables into superfoods! These superfoods deliver much-needed probiotics, nutrients, and enzymes to our gut, thereby strengthening our immune system to keep us healthy.

- Wendy Jackson, owner of Perfect Pickler Inc.

KOMBUCHA

Fermented sweet tea - the drink of the new millennium.

GF DF NF V

SERVING SIZE: 1 gallon **PREP TIME:** 20 minutes plus cooling time **COOK TIME:** 2 weeks of fermenting time

INGREDIENTS:

- 4 litres of cool, chlorine-free water
- 6 tea bags such as organic green tea
- 1 cup organic, unrefined sugar
- 1 full-size kombucha scoby (can be found in a health food store)
- 1 - 2 cups mature kombucha for starter liquid

YOU WILL ALSO NEED:

- 1 gallon glass jar
- piece of clean cheesecloth
- elastic band
- reusable straw
- bottles for storing

KATHERINE BOGGS

KOMBUCHA

Fermented sweet tea - the drink of the new millennium.

GF DF NF V

SERVING SIZE: 1 gallon

PREP TIME: 20 minutes plus cooling time

COOK TIME: approximately 2 weeks of fermenting time

KATHERINE BOGGS

METHOD:

- Heat 1 litre of water to just below boiling in a kettle.
- Combine the tea and hot water in the glass jar. Let steep for 15 minutes.
- Remove the tea bags and add the sugar to the hot tea and stir until dissolved.
- Pour the remaining 3 litres of cool water into the jar.
- Dip a thermometer into the mixture - if warmer than 100F, cover with a clean cloth and set aside until lukewarm.
- When cool, place the scoby in the sweet tea solution.
- Pour the starter liquid on top. This acidifies the tea's pH and provides a layer of protection to the culture from potential pathogens.
- Cover the jar with cheesecloth and secure it with a rubber band.
- Set in a warm location out of direct sunlight for approximately 2 weeks (14 days). Depending on temperatures and humidity it could be as quick as 7 days (hot summer high humidity) or as long as 21 days (cold dry winter)
- You can taste test by inserting a reusable straw beneath the scoby. If it's the flavour you like, it's ready.
- Collect at least 1 cup of starter liquid for the next batch from the top of the brew and pour it into a clean jar.
- Remove the scoby and add it to the jar. Store in the fridge until you are ready to reuse it.
- Bottle the remaining kombucha into mason jars. Secure with lids and store in the fridge.
- At this stage, you can add flavours - our favourites are ginger and blueberries.

TIPS:

* Never seen a scoby before? To be honest, they look disgusting! Soft and smooth yet firm like a squid. They are a living material that drives the fermentation, a Symbiotic Culture Of Bacteria and Yeast. With each batch, a new scoby can form. Use the baby scoby for a second brew or share it with a friend.

*Scobys can be bought from most health food shops and they come submerged in the starter liquid for you to begin your fermentation.

KIMCHI

Healthy bacteria and probiotics in a spicy, delicious bowl.

GF DF NF V

SERVING SIZE: 2 or 3 1L mason jars **PREP TIME:** 40 minutes **COOK TIME:** 4-5 days of resting time

INGREDIENTS:

- 1 medium head napa cabbage, cored and sliced
- 6 green onions, trimmed and cut into 1-inch pieces
- 2 carrots, grated
- 1 daikon radish, cut into matchsticks
- 1 red chilli, diced
- 10 red radishes, grated
- 5 garlic cloves, minced
- 1 tbsp grated ginger, about 3 cloves
- 2 tbsp sea salt
- 1 tbsp red pepper flakes or 1/2 tbsp chilli powder

YOU WILL ALSO NEED:

- 2 or 3 sterile 1L mason jars with lids (or more depending on the quantity of vegetables used)

METHOD:

- Place the vegetables in a very large bowl. Add salt and chilli flakes.
- Massage cabbage mix for about 10 minutes and then set aside for another 10 minutes.
- Massage for another 10 minutes, until cabbage and other veggies have softened. A bit of water will be released. Get the kids involved in this - it is messy and fun!
- Divide the kimchi mixture between the mason jars and press down firmly to release any air bubbles.
- Seal the jars loosely and place in a warm spot for 4-5 days.
- Skim any foam off.
- Taste the kimchi with a clean fork after the fifth day. If it is spicy enough for you, it is ready.
- Seal the jars and store them in your fridge. Will keep for 2-3 months sealed.

KATHERINE BOGGS

ITALIAN ANTIPASTO

This recipe smells like a pizza! Everyone, especially children love it!

GF DF NF V

SERVING SIZE: 1 quart **PREP TIME:** 10 minutes **COOK TIME:** 2 minutes

INGREDIENTS:

- 1 ½ cups fresh green beans, cut in ½" pieces
- 1/2 cup onions, sliced or diced
- 8 cloves of garlic, sliced
- 1 pepperoncini pepper, sliced & deseeded
- 1/2 cup olives (preferably fresh from an olive bar)
- 1/4 cup sun-dried tomatoes (avoid ones treated with chemicals)
- 1/2 cup fresh basil leaves, chopped
- 1 tbsp Italian seasoning
- 1 tbsp liquid brine from a previous batch of any fermented vegetables, especially sauerkraut
- Slice celery (optional)
- Carrots, shredded (optional)
- Cabbage, finely shredded (optional)

WENDY JACKSON

ITALIAN ANTIPASTO

This recipe smells like a pizza! Everyone, especially children love it!

GF DF NF V

SERVING SIZE: 1 quart **PREP TIME:** 10 minutes **COOK TIME:** 2 minutes

WENDY JACKSON

METHOD:

- Find a one quart jar with an airtight lid. It doesn't have to be glass, but should be airtight.
- Bring 3 cups of water to boil in a pot on the stove. Add the green beans and boil for 2 minutes. Drain and immediately rinse with cold water. Once cooled off, transfer the beans to your fermenting container.
- Prepare the rest of the vegetables and add to the jar.
- Add the italian seasoning.
- Prepare the brine by mixing 1 tbsp sea salt with 2 cups of pure water. Prepare as much brine as you need, using the same ratio, to completely cover all of the vegetables and fill the jar.
- Put on the airtight lid. Once per day, release the pressure from your container.
- Store in a location not warmer than 74 degrees F for 4 days.
- Transfer to the refrigerator. This recipe will not spoil but the vegetable will begin to get soft in about a year.

TIPS:

The brine is very nutritious, so consume it as well! The brine can be used to make salad dressings. If you are having trouble finding a location cool enough, place your fermenting container inside a cooler with an ice pack that you swap out every 12 hours. Don't let it get colder than 64 degrees F during the 4 day fermenting process.

PICKLED RED ONIONS

Nutrient dense goodness in a jar.

GF DF NF V

SERVING SIZE: Makes 1 pint (2 cups) **PREP TIME:** 10 minutes **COOK TIME:** N/A

INGREDIENTS:

- 1 large red onion
- ¾ cup raw apple cider vinegar
- 1 teaspoon sea salt
- 1 tbsp sweetener of choice

METHOD:

- Pour the vinegar into a pint sized mason jar or comparable container.
- Add the salt and sweetener. Place the lid on the jar and shake vigorously.
- Chop or slice the onion and add to the vinegar solution.
- Let stand an hour before serving.
- Store in the fridge and use within a month as it will get soft over time.

TIPS:

These onions are delicious added to salads, sandwiches, and burgers. Once you finish eating the onions, you can reuse the liquid and add more onions.

WENDY JACKSON

PRESERVED GARLIC

Garlic that tastes like dessert - you'll be popping the cloves into your mouth like candy.

GF DF NF V

SERVING SIZE: Makes 1 pint (2 cups) **PREP TIME:** 1 hour **COOK TIME:** N/A

INGREDIENTS:

- whole, peeled, garlic - enough to fill a pint sized canning jar
- raw, unpasteurized apple cider vinegar, enough to cover the garlic cloves
- honey - about half the amount of apple cider vinegar used

METHOD:

- Find a glass jar with an airtight lid, wash it with soap and hot water and dry thoroughly.
- Peel garlic cloves and fill your jar (do not purchase already peeled garlic).
- Cover the garlic with apple cider vinegar to the rim.
- Place the jar somewhere away from any direct sunlight, but preferably a location where you will see it frequently.
- Shake the jar once a day for a week. Then shake it every 2-3 days for the next 3 weeks.
- Note: your garlic may turn blue. This is a natural chemical reaction that occurs sometimes but not all the time. Some cultures consider pickled blue garlic as a prize!
- Strain the garlic, reserving the vinegar. Measure the vinegar and divide it into two equal portions. One portion gets bottled and put away as a wonderful garlic-infused vinegar to use for salad dressings. For the remaining portion, combine with a similar amount of honey. Mix the honey and vinegar and pour back over the garlic, making sure it fills the jar to the rim again.
- Continue shaking the jar every 3-4 days for another month.
- After that time period, store the garlic in your pantry or inside your refrigerator.

TIPS:

This garlic is so unique that it makes lovely gifts for others - so make plenty of it! Also, this method is similar to making tinctures. Tinctures are very easy to make, and last for years or decades. If you would like to learn more about Herbal Medicine, please sign up for Thrive Institute's course Natural Medicine.

WENDY JACKSON

TESTIMONIAL

“During my twenties and early thirties, I struggled with many digestion issues. I visited gastroenterologists in three different countries (Colombia, The United States, and Canada). I even had two colonoscopies and one gastroscopy done. They never offered a long-term solution other than taking medications. My common sense led me to believe that my diet had to have a significant factor in my digestion issues, and although my doctors at the time didn’t agree, I took matters in my own hands and decided to attend Nutrition school.

The rest is history. Through lifestyle changes and the right mix of whole foods (mostly plant-based) and supplements, my digestion radically improved. The best part is that by healing my gut, I flourished in many other areas of my life. I had lots of energy, I felt happy, less anxious,

my periods and PMS stopped bothering me, and I was not catching every cold going around. I’m a Holistic Nutritionist, and I believe

in the healing power of whole foods.”

Maria R

SWEETS & TREATS

QUICK HACK: ALL ABOUT SUGAR (& SUBSTITUTES)

The major problems with excess sugar, especially process and refined sugar, consumption are 1) immune system suppressant 2) diabetes 3) it is acidic 4) it is addictive 5) it alters behaviour 6) promotes emotional instability 7) it contributes to candida 8) and it is the second most common cause of physical problems experienced today.

Artificial sweeteners also have their own set of problems. They can contribute to weight gain and reduce good bacteria in the gut by 50%. Artificial sweeteners can cause enlargement of the liver and kidneys, reduce red blood cell count, cause aborted pregnancies, and can cause the thymus to shrink, which is your immune powerhouse (producer of “T” cells - our cancer protectors). The solution is to keep your yearly consumption of sweeteners to no more than what was consumed historically. It is best to consume unrefined sugar, jaggery (found at Indian Stores), rapidura, coconut sugar, or other foods to sweeten such as honey, maple syrup, dried fruit soaked and blended with water, dates, fresh fruit, unsweetened applesauce, molasses, or stevia. Whole leaf stevia can be steeped in water for 7 minutes and strained in order to sweeten the liquid in a recipe (use 1 teaspoon dried stevia per quart of water). Dried whole leaf stevia has less of an aftertaste and is not processed.

CHOCOLATE CAKE

Guilt free chocolate cake anyone? Packed with antioxidants and healthy fats, this cake is also full of flavour.

GF DF NF V

SERVING SIZE: 1 large cake (8-10 slices) **PREP TIME:** 30 minutes **COOK TIME:** 35 minutes

INGREDIENTS:

1ST SET:

- 2 cups ground oat flour, sifted
- 1 3/4 cups coconut sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon sea salt
- 3/4 cup cacao powder
- 1 cup coconut or avocado oil (if using coconut oil, melt it first)
- 3/4 cup water

2ND SET:

- 1 teaspoon vanilla
- 3 eggs, beaten
- 1/2 cup water

FROSTING:

- 5 tbsp thick cashew milk (or 1/2 cup cashews, soaked for minimum 2 hours then drained plus 1/2 cup clean water)
- 3 tbsp cacao powder
- 1 tbsp ground sesame seeds
- 1 large banana or 2 small ones
- 3 tbsp melted coconut oil
- 1/2 pomegranate, de-seeded, all pith removed (plus juice if you want a more tart icing)

KATHERINE BOGGS

CHOCOLATE CAKE

Guilt free chocolate cake anyone? Packed with antioxidants and healthy fats, this cake is also full of flavour.

GF DF NF V

SERVING SIZE: 1 large cake (8-10 slices) **PREP TIME:** 30 minutes **COOK TIME:** 35 minutes

KATHERINE BOGGS

METHOD:

- Set the oven to 350 degrees F.
- Grease and line a 9" round cake tin. If you have one with a removable base, it will be easier to take the cake out when it is baked.
- Combine all the items from the first set of ingredients in a mixer.
- Mix gently until well combined but be careful not to over mix as the air will be removed, making the end result flatter.
- Add the items from the second set of ingredients and mix gently.
- Pour into the prepared cake tin and put it in the oven.
- Bake for 35 minutes or until a toothpick comes out of the centre cleanly.
- Meanwhile, prepare the pomegranate for the icing.
- Place all other icing ingredients, except the pomegranates, in a food processor and whizz until everything is combined.
- Spoon icing into a bowl and gently mix in all but 2 tbsp of the pomegranate seeds as these will be used for decoration later.
- Put in the fridge until you are ready to use it. This will create a thick icing. If you would like it runnier, remove it 30 minutes before you want to frost the cake.
- Once the cake is done, remove it from the oven and let cool in the tin for 10 minutes.
- Remove cake from tin and transfer to a cooling rack and leave to cool.
- When it is fully cooled, frost the cake. If you can't wait, frost it anyway and watch the frosting slide down the sides and use the cake to mop it up!
- Decorate with the remaining pomegranate seeds.

TIPS:

If you do not have a cooling rack you can put the cake on the clean countertop lined with paper towels. The towels will absorb the moisture.

FABULOUS FRUIT SALAD

A fruit salad that is a step above the rest.

GF DF NF V

SERVING SIZE: 4 **PREP TIME:** 20 minutes **COOK TIME:** N/A

INGREDIENTS:

- 2 tbsp cashew butter (can also use sun butter)
- ⅓ cup crushed pineapple
- ¼ teaspoon vanilla extract
- ⅛ teaspoon almond extract

- 1 quart of all different chopped fruit (apples, oranges, grapes, berries, bananas, etc.)

METHOD:

- Place the first 4 ingredients into a personal size blender and blend until really smooth. If you do not have a small blender, substitute pineapple juice for the crushed pineapple and whisk it together. (The crushed pineapple gives a firmer texture to the “cream”)
- Chop up all of the fruit to be used.
- Stir in the fruit cream from step number one.
- Chill or serve immediately.
- If desired, garnish with walnuts and sunflower seeds.

TIPS:

Purchase crushed pineapple in large cans, then freeze in ice cube trays to have ready for this recipe and for smoothies. Using a standard size ice cube tray, ⅓ cup crushed pineapple equals two cubes.

WENDY JACKSON

COLD COCONUT RICE STRAWBERRY DELIGHT

A healthy dessert that is friendly to the gut ecosystem.

GF DF NF V

SERVING SIZE: 13 **PREP TIME:** 30 minutes **COOK TIME:** 40 minutes

INGREDIENTS:

- 4 cups coconut milk
- ½ cup uncooked rice (any kind)
- 2 tbsp unflavored gelatin
- ½ cup cold water
- ½ cup raw unrefined sugar or coconut sugar (or other substitutes)
- ½ teaspoon sea salt
- 2 more cups of coconut milk
- 1 can of coconut cream (or 1 pint of So Delicious Vanilla Coconut Ice Cream, melted)
- 2 teaspoons vanilla extract
- 4 - 8 cups of strawberries, fresh or frozen

METHOD:

- Bring the first two ingredients to a boil, simmer and cook for 40 minutes.
- Dissolve the gelatin in the cold water.
- Stir the sweetener, salt, and remaining coconut milk into the gelatin mixture.
- Stir the contents from the cooking pot (rice in coconut milk) into the gelatin mixture.
- Gently stir the coconut cream and vanilla extract into the gelatin mixture.
- Divide the mixture into 13 eight-ounce canning jars.
- Slice the strawberries and divide them into the canning jars, filling them to the rim.

TIPS:

You can also thaw frozen berries with a little dried pineapple mixed in the bowl to soak up the juices released from the thawing berries. Then blend it into a sauce in the blender and pour it into the jars to the rim. These treats are nice to have on hand throughout the week and can even serve as a meal replacement if necessary.

WENDY JACKSON

FARMERS MARKET BREAD

Packed full of delicious vegetables, this bread is sweet and savory all in one.

GF DF **NF** V

SERVING SIZE: 1 loaf **PREP TIME:** 20 minutes **COOK TIME:** 60-70 minutes

INGREDIENTS:

- 1 1/2 cups all-purpose flour or an alternative such as spelt
- 1/2 cup whole-wheat flour or alternative such as almond flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/2 cup coconut sugar or maple syrup
- 2 large eggs (or chia seed eggs - see tip below)
- 1/4 cup plus 2 tbsp avocado oil, plus more for the pan
- 1/2 cup whole-milk plain yogurt
- 2 cups shredded vegetables (just one or any combination of beets, carrots, summer squash, or zucchini)
- 1/4 cup raisins

KATHERINE BOGGS

FARMERS MARKET BREAD

Packed full of delicious vegetables, this bread is sweet and savory all in one.

SERVING SIZE: 1 loaf **PREP TIME:** 20 minutes **COOK TIME:** 60-70 minutes

KATHERINE BOGGS

METHOD:

- Arrange a rack in the middle of the oven and heat to 350°F.
- Generously coat a 9”x5” loaf pan with vegetable oil; set aside.
- Whisk the all-purpose flour, whole wheat flour, baking powder, baking soda, and salt together in a medium bowl.
- Whisk the sugar and eggs together in a separate large bowl until pale and shiny, about 2 minutes.
- Whisk the oil and yogurt into the sugar and egg mixture.
- Pour in the flour mixture and fold with a rubber spatula until just combined.
- Fold in the vegetables, stirring just enough to distribute vegetables evenly throughout.
- Scrape the batter into the loaf pan. Pick up the pan and gently tap it on the counter three times to dislodge any bubbles.
- Bake until the top is golden-brown, the bread is pulling away from the sides, and a tester inserted in the centre comes out with just a few crumbs attached, 60-70 minutes.
- Let the bread cool in the pan for 20 minutes. Flip the bread out onto a wire rack to cool completely before slicing.
- Storage: The bread will keep well wrapped in aluminum foil at room temperature for 3 days.

TIPS:

If you do not have any eggs or cannot tolerate them chia seed ‘eggs’ can be made by adding 1 tbsp chia seeds to 2.5 tbsp water. Let the mixture sit for a couple of minutes, then stir.

‘Fold’ is a term used to describe the process of combining ingredients together gently without stirring, beating or otherwise agitating the mixture. This traps air into bubbles in the product, allowing the baked good to rise.

COCONUTTY BLACK BEAN BROWNIES

These brownies are dense and delicious! Top with tart berries such as blueberries for a great combination.

GF DF NF V

SERVING SIZE: 16 squares **PREP TIME:** 15 minutes **COOK TIME:** 20-25 minutes

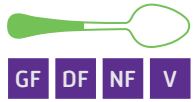
INGREDIENTS:

- 1 x 28 oz can black beans, drained and rinsed
- 1/2 cup extra virgin olive oil or coconut oil, melted
- 1/4 cup cacao powder
- 1 teaspoon pure organic vanilla extract
- 3/4 cup nut milk or other plant-based milk such as soy or oat
- 1/4 cup coconut flour
- 1 cup all-purpose flour
- 1/2 tbsp baking powder
- 1/2 cup sweetener such as maple sugar, coconut sugar or brown sugar
- 1 teaspoon sea salt
- 1/2 cup raw walnuts coarsely chopped (optional)
- Toppings such as shredded coconut and fresh berries

KATHERINE BOGGS

COCONUTTY BLACK BEAN BROWNIES

These brownies are dense and delicious! Top with tart berries such as blueberries for a great combination.



SERVING SIZE: 16 squares

PREP TIME: 15 minutes

COOK TIME: 20-25 minutes

KATHERINE BOGGS

INSTRUCTIONS:

- Preheat the oven to 350F.
- Grease an 8" baking pan with a small amount of olive oil and set aside.
- In a blender or food processor, mix the black beans and oil.
- Add cacao powder, vanilla and milk.
- Blend until smooth.
- Scrape the mixture into a bowl.
- Add ground almonds, flour, sweetener of choice, and salt.
- Mix until smooth.
- Stir in walnuts if using.
- Scrape the batter in the baking pan.
- Bake for 20-25 minutes or until a toothpick comes out clean from the centre of the mixture.
- Let cool in the pan completely.
- Refrigerate for a few hours before cutting into squares.
- Serve with shredded coconut and berries.

TIPS:

* Not all chocolate is made equal! Cacao powder is much less processed than cocoa powder and does not have the added sugar. Cacao is thought to be the highest source of antioxidants and magnesium of all foods.

* If you want your brownies extra chocolatey feel free to add more cacao powder. You may need to add more milk if the dough is too dry.

* If you do not have a blender or food processor, warm the beans a little bit to soften them and then mash with a fork. Add the olive oil, cacao powder and vanilla extract. Mash again to mix the ingredients.

TESTIMONIAL

“All my life, I never put my health first. What I ate was based on convenience, and that involved a lot of fast-food drive-thrus. It doesn't matter what the advertisements tell you; nothing you get from a drive-thru is a healthy option. Since making a drastic lifestyle change and putting my health first, I have learned the effects of eating healthy, nutritional whole foods. The importance of fueling our bodies with foods that nourish us. I now share a large vegetable garden with my neighbour, where we grow everything from peas and beans to squash and corn. I put time into cooking nutritious-dense meals that incorporate all the important food groups, and I have the energy to do this thanks to the foods I'm eating. When I was eating quick and easy meals, I would leave the dinner table feeling bloated, unenergized and unmotivated. The foods I eat now fuel me to keep going, I find myself cleaning the kitchen instead of sitting on the couch, and I find myself far more focused on the tasks I am trying to complete. Eating healthy has changed my life.”

Kristy B

ADDED TIPS & TRICKS
- BONUS -

MASON JAR SALAD TEMPLATE

INGREDIENTS:

- **Layer 1** - Your homemade salad dressing (2 - 4 tbsp)
- **Layer 2** - Firm ingredients:
  - Carrots
  - Celery
  - Cucumber
  - Peppers
  - Red onion
  - Tomatoes
  - Fermented vegetables (¼ cup)
- **Layer 3** - Ingredients that can get wet:
  - Cooked beans, peas, lentils
  - Corn
  - Broccoli
  - Zucchini
- **Layer 4** - More delicate ingredients:
  - Boiled eggs
  - Cheese
  - Fruit
- **Layer 5** - Substantial energy source layer:
  - Cooked rice
  - Cooked pasta
  - Cooked couscous
  - Cooked quinoa
  - Cooked millet
- **Layer 6** - Nuts or seeds
- **Layer 7** - Greens!
  - Lettuce of all kids
  - Kale
  - Spinach
  - Arugula
  - Sweet potato leaves
  - Cranberry hibiscus leaves
  - Sprouted sunflower greens

METHOD:

- In a quart wide-mouth canning jar, layer your salad ingredients according to the order listed above; choosing just the ones you want and adding those ingredients not found on the list to the appropriate layer.
- Store in the refrigerator until ready to eat or to take with you!

TIPS:

Try not to fill the jar too full with all the other ingredients as there won't be any room left for the greens. If possible, bring along a bowl and a spatula to dump the content of your jar. While you can shake and eat from the jar, it can be awkward and hard to mix the salad - especially if your dressing is oil-free.

THE SALAD BAR BOX

A salad bar always ready for hungry people!

INGREDIENTS:

- homemade dressings
- varieties of salad ingredients
- greens of all sorts
- sprouts if you have them
- (see list of ingredients in the Mason Jar Salad Template for ideas)
- salad bar box, condiment dispenser with 6 compartments, or appetizer vegetable tray with lid

METHOD:

- Find a container that will work for your size refrigerator and be able to store at least 6 different ingredients
- An empty storage container with a lid can also work if you store your ingredients in pint canning jars inside the container
- If you have room for a large container, then you can store the lettuce greens inside the container as well
- Twice a week, restock your “salad bar” to always have a salad ready for your meals!

TIPS:

Label the lid of your salad bar box container with your different favourite salad dressing recipes so you can quickly make more when needed. You may even want to create a large list of salad bar ingredients to choose from, store the list somewhere handy to promote eating a large variety of foods.

THE ONE-POT WONDER

Nothing is easier than making a One Pot Wonder meal! Add whatever you want from the following list into a covered pot. Bring to a boil, simmer for 5 minutes and remove from heat. Wait at least one hour before removing the lid.

INGREDIENTS:

- Sauteed alliums (onions, garlic, leeks, shallots, etc.)
- Veggies as desired (greens, broccoli, cauliflower, peas, carrots, celery, etc.)
- Equal parts dry pasta and water (by volume)
- Sauce, gravy, leftover soup, or organic canned soup if needed for convenience
- Fresh or canned tomatoes
- Cooked or canned beans
- Meat (already cooked) - if desired
- Spices
- Fat: butter, cream (or cashew cream - blend equal portions of raw cashews and water), milk of choice (dairy, almond, coconut, cashew), and/or cheese. *For tomato-based sauces, peanut butter diluted with some water is really good. (You can also blend some roasted peanuts into some of the liquid ingredients). Tomato peanut sauces are good with warm spices like cumin, chilli, or curry and bay leaves

TIPS:

One-Pot Wonders are especially great for cooking inside Fireless Cooking Bags. These bags are well insulated and do not allow heat to escape. The cooking pot is brought to a boil, simmered for 20% of the usual cooking time, then transferred to the cooking bag to continue cooking without power. Once cooked, your food will remain warm for 8 hours. With a Fireless Cooking Bag, you would only simmer this meal for 2 minutes, transfer to the bag, and then you can take it with you, and it will finish cooking without electricity! *Instructions for making Fireless Cooking Bags are included in Thrive's Institute Course: Income Generation

GENE'S SILAGE

Do not let the name put you off! This dish is delicious and versatile

Gene Branham, a retired minister from Ohio, developed this recipe when he and his wife wanted to change from the Standard American Diet to plant-based and focused on nutrient-dense foods. This recipe became a life-saving tool with a busy lifestyle, allowing them to accomplish their diet change.

INGREDIENTS:

- Desired starch (rice, pasta, couscous, millet, quinoa, etc.)
- Desired cooked beans
- Cooked greens (kale, spinach, collard greens, etc.)
- Desired vegetables

GENE'S SILAGE

Do not let the name put you off! This dish is delicious and versatile.

METHOD:

- Purchase a suitable food storage container that is large but as wide as possible with little height. You could also start with a cake pan that has a tight-fitting cover.
- Cook whichever desired starch you would like. Let the starch cool and then transfer to your container to be the bottom layer.
- Next, make a layer of cooked beans, rinsed or un-rinsed to suit taste.
- Then, cover beans with a layer of non-flavoured cooked greens like kale, spinach, or collard greens, making sure they are well-drained.
- Finally, add any combination of vegetables. Just make sure to drain them well before adding them as your final layer.
- Store this mixture inside your refrigerator.
- All week long, you can use this as a base to quickly turn it into different meals:
    - Saute ginger and garlic and add silage and soy sauce to make a stir fry
    - Saute onion, add silage and taco seasoning to use for taco salads
    - Add a spaghetti sauce or our garlic "butter" recipe for an Italian night
    - Place some into a food processor and form into veggie burgers to bake in the oven (may have to add a binder such as an egg or 1 tbsp chia or flax seeds soaked in 2.5 tbsp water)
    - Add to a pot of broth adding any other desired ingredients for a fast soup

TIPS:

Try to rotate ingredients to maintain variety in your diet. You can also make a double batch and store one in the refrigerator and freezer.

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Sweet Potato Curry, p-56 to p-57
Garbanzo Sauce Over Rice, p-64
Hummus, p73

Cinnamon
Oatmeal in a Cup, p-11
Savory Oatmeal, p15 to p-16

Coconut flakes
Savory Oatmeal, p-15 to p-16

Coconut milk
Sweet Potato Sunrise, p-10
Oh Mushroom Goodness Soup, p-28 to p-29
Cumin Lentils and Coconut Milk, p-32 to p-33
Sweet Potato Curry, p-56 to p-57
Cold Coconut Rice Strawberry Delight, p-95

Coconut sugar
Chocolate Cake, p92 to p-93

Corn
Veggie and Three Bean Chilli, p-36 to p-37

Cucumber
Confused Gazpacho, p-34 to p-35

D

Dressings, p-43
Herby Yogurt
Tasty Tahini
Soy Chilli
Honey Orange
Cucumber Yogurt
Avocado Cilantro

E

Edamame beans
Veggie Pie With Cauliflower Mash, p-58 to p-59

Eggs
Updated Heirloom Dressing, p-41 to p-42
Chocolate Cake, p-92 to p-93

Eggplant
Oven Baked Ratatouille, p-62 to p-63

F

Flax seed
Savory Oatmeal, p-15 to p-16

G

Garlic
Preserved Garlic, p-89

Gelatin
Garlic "Butter", p-77 to p-78
Cold Coconut Rice Strawberry Delight, p-95

Ginger
Savory Oatmeal, p-15 to p-16

Green beans
Tahini-dressed Spiralized Zucchini Salad, p-46 to p-47
Italian Antipasto, p-85 to p-86

Greens eg kale, spinach, collard greens
Sweet Potato Sunrise, p-10
Oatmeal in a Cup, p-11
Wild Side Smoothie, p-12
African Cooked Greens, p-51
Gene's Silage, p-105 to p-106

Green onions
Kimchi, p-84

H

Hemp hearts or seeds
Savory Oatmeal, p-15 to p-16
Ginger Cashew Spread, p-74
Hemp and Pumpkin Seed Pesto, p-76

I

J

Jalapeno
Veggie and Three Bean Chilli, p-36 to p-37
Spiced Lentil Salad, p-48
Green Rice, p-60 to p-61

K

Kale
Spicy Peanut Soup, p-26 to p-27
Massaged Kale Salad, p-44
Red Kidney Bean Burgers, p-54 to p-55

L

Leeks
Oh Mushroom Goodness Soup, p-28 to p-29
Veggie Pie With Cauliflower Mash, p-58 to p-59

Lemons
Confused Gazpacho, p-34 to p-35

Lentils eg red, green, black
Savory Oatmeal, p-15 to p-16
Spicy Peanut Soup, p-26 to p-27
Cumin Lentils and Coconut Milk, p-32 to p-33
Spiced Lentil Salad, p-48

M

Microgreens
Black Bean and Sweet Potato Salad, p-45

Millet
Smoothie Smothered Oat Waffles, p-14

Miso paste
Oh Mushroom Goodness Soup, p-28 to p-29
Veggie Pie With Cauliflower Mash, p-58 to p-59

Mushrooms
Spicy Vegetable Soup, p-22 to p-23
Oh Mushroom Goodness Soup, p-28 to p-29
Warm Mushroom Salad, p-60
Red Kidney Bean Burgers, p-54 to p-55
Veggie Pie With Cauliflower Mash, p-58 to p-59
Oat Burgers, p-65 to p-66
Salisbury "Steak", p-67 to p-68

N

Nut butters
Chocolate Monkey, p-13

O

Oats, rolled or steel-cut
Oatmeal in a Cup, p-11
Smoothie Smothered Oat Waffles, p-14
Savory Oatmeal, p-15 to p-16
Oat Burgers, p-65 to p-66

Olives
Hummus, p-73
Italian Antipasto, p-85 to p-86

Onions
Veggie Pie With Cauliflower Mash, p-58 to p-59
Pickled Red Onions, p-87

Oranges
Wild Side Smoothie, p-12
Fabulous Fruit Salad, p-94

P

Parsley

Green Rice, pp-60 to p-61

Peanut butter

Spicy Peanut Soup, p-56 to p-57

Garbanzo Sauce Over Rice, p-64

Peppers eg red, yellow or orange

Spicy Peanut Soup, p-26 to p-27

Confused Gazpacho, p-34 to p-35

Veggie and Three Bean Chilli, p-36 to p-37

Spiced Lentil Salad, p-48

Oven Baked Ratatouille, p-62 to p-63

Hummus, p-73

Pineapple

Wild Side Smoothie, p-12

Fabulous Fruit Salad, p-94

Polenta

Garlic "Butter", p-77 to p-78

Pomegranate

Bulgur Wheat and Pomegranate Salad, p-61

Chocolate Cake, p-92 to p-93

Pumpkins seeds

Savory Oatmeal, p-15 to p-16

Seed Crackers, p-75

Hemp and Pumpkin Seed Pesto, p-76

Q

Quinoa

Black Bean and Quinoa Soup, p-30 to p-31

R

Radish

Bulgur Wheat and Pomegranate Salad, p-61

Kimchi, p-84

Raisins

Farmers Market Bread, p-96 to p-97

Rice

Green Rice, p-60 to p-61

Cold Coconut Rice Strawberry Delight, p-95

S

Salad leaves

Tahini-dressed Spiralized Zucchini Salad, p-46 to p-47

Bulgur Wheat and Pomegranate Salad, p-61

Warm Mushroom Salad, p-60

Sesame seeds

Seed Crackers, p-75

Garlic "Butter", p-77 to p-78

Chocolate Cake, p-92 to p-93

Snap peas

Green Rice, p-60 to p-61

Spinach

Chocolate Monkey, p-13

Sweet Potato Curry, p-56 to p-57

Squash eg butternut, summer, acorn

Spicy Vegetable Soup, p-22 to p-23

Squash, Apple and Turmeric Soup, p-24 to p25

Spicy Peanut Soup, p-26 to p-27

Veggie Pie With Cauliflower Mash, p-58 to p-59

Farmers Market Bread, p-96 to p-97

Strawberries

Cold Coconut Rice Strawberry Delight, p-95

Sun-dried Tomatoes

Hummus, p-73

Italian Antipasto, p-85 to p-86

Sunflower seeds

Savory Oatmeal, p-15 to p-16

Oat Burgers, p-65 to p-66

Seed Crackers, p-75

Sweet potatoes

Sweet Potato Sunrise, p-10

Oatmeal in a Cup, p-11

Chocolate Monkey, p-13

Smoothie Smothered Oat Waffles, p-14

Black Bean and Sweet Potato Salad, p-45

Warm Mushroom Salad, p-60

Sweet Potato Curry, p-56 to p-57

T

Tahini

Hummus, p-73

Tea

Kombucha, p-82 to p-83

Tomatoes

Spicy Peanut Soup, p-10

Confused Gazpacho, p-34 to p-35

Veggie and Three Bean Chilli, p-36 to p-37

Tahini-dressed Spiralized Zucchini Salad, p-46 to p-47

Sweet Potato Curry, p-56 to p-57

Oven Baked Ratatouille, p-62 to p-63

Garbanzo Sauce Over Rice, p-64

Turmeric

Savory Oatmeal, p-15 to p-16

U

V

W

X

Y

Yoghurt

Farmers Market Bread, p-96 to p-97

Z

Zucchini

Spicy Vegetable Soup, p-22 to p-23

Tahini-dressed Spiralized Zucchini Salad, p-46 to p-47

Red Kidney Bean Burgers, p-54 to p-55

Oven Baked Ratatouille, p-62 to p-63

Farmers Market Bread, p-96 to p-97